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A Book of Household Reference, comprising COOKERY and HOUSEHOLD recipes, useful MEDICAL and GARDENING information, a simple guide to ETIQUETTE and hints for the TOILET, as well as many other recipes and much useful information of a general nature — the whole alphabetically arranged and simply and clearly explained.

"Some respite to husbands the weather may send,
But housewives' affairs have never an end."

—T. TUSSER.

SELFRIDGE'S, LONDON

1929

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PREFACE

THIS Encyclopædia is intended as a handy book of reference for the average household, and will be found of inestimable value to every housewife.

The compilers, while endeavouring to include all that necessary and useful information which the housewife will require, have yet been limited to the scope of a single volume, so that the reader must bear in mind that only such information has been included as is likely to be required in the management of the average household.

Each subject, however, has been dealt with in a manner that will enable the reader to turn with confidence to the work for assistance in any ordinary difficulty or emergency.

The alphabetical arrangement of the subject matter will be found particularly simple and attractive, eliminating as it does the necessity for a separate index or the classification of the subjects dealt with under separate sections.

MEASURES

Readers referring to recipes in this volume should use the following table of simple equivalents :

TABLE OF APPROXIMATE EQUIVALENTS

60 drops *or* 1 teaspoonful	= 1 dram	($\frac{1}{8}$ fluid oz.)
1 dessertspoonful	= 2 drams	($\frac{1}{4}$ fluid oz.)
1 tablespoonful	= 4 drams	($\frac{1}{2}$ fluid oz.)
1 wineglassful	= 2 fluid oz.	
1 teacupful	= 4 fluid oz.	
1 tumblerful	= 8 fluid oz.	

APOTHECARIES' WEIGHT TABLES

20 grains	= 1 scruple
3 scruples	= 1 dram
8 drams	= 1 oz.
12 oz.	= 1 lb.

Fluid Measure

60 minims (drops)	= 1 dram
8 drams	= 1 oz.
20 oz.	= 1 pint
8 pints	= 1 gallon

HOUSEHOLD ENCYCLOPÆDIA

ABRONIA, to cultivate.

A half-hardy annual. Suitable for dry soils and for rockeries. Sow in early spring, in pots, and plant out.

ABSCESS, remedy for.

Boil a fair-sized parsnip to a pulp. Bathe the affected part with the water in which the parsnip has been boiled and then apply the parsnip itself as hot as can be borne.

ABSCESS, treatment of.

The part should be kept at rest, and hot fomentations or poultices constantly applied. Small abscesses may be opened with a needle, the point of which has been passed through the flame of a lamp or gas and allowed to cool. Larger ones require the aid of a surgeon. After an abscess has burst or been opened, poultices should not be applied, but hot fomentations. The bowels should be kept free. A teaspoonful of liquorice powder for a child; adults should take a blue pill at night and a Seidlitz powder the following morning.

ABSCESS, IN THE TONSIL. *See* QUINSY.

ABSCESS, MILK, to treat.

Warm vinegar should be applied to the part every two or three hours.

ABUTILON, to cultivate.

This half-hardy green-house perennial is useful for training on conservatory walls; may also be transferred to open borders for the summer. Sow in February and March in pots; replant when about an inch high, setting well into the earth. The plant needs plenty of water and room.

ACACIA, to cultivate. *See* MIMOSA.

ACANTHUS, to cultivate.

A fairly hardy perennial, remarkable for the beauty of its foliage. Thrives well in shade, but requires sun to produce good flowers. May be raised from seed, but is more easily increased by division of roots.

ACCIDENTS, ELECTRICAL, precautions against and treatment for.

Never grasp a " broken " electric wire with the naked hand. Failing the proper india-rubber gloves, grasp the wire with a *dry* cloth. On no account should a wet or damp cloth be used for this purpose. The broken end of the wire should be pressed to earth to enable the current to pass into the ground. This should be done with a stick or the foot. If a " live " wire has been grasped and the person cannot " let go," instantly earth the wire, when it will be possible to detach his hand. In cases of severe shock resulting in unconsciousness, artificial respiration must be applied.

ACCIDENTS, GAS, precautions against.

In houses where the old-fashioned gaselier is still being used it is of great importance that the tube which runs from the ceiling should be filled with water. Otherwise there will be an escape of gas, which, if not instantly detected, may have fatal results. Danger may be avoided by filling the tube with water as usual and then adding a dessertspoonful of sweet oil. The oil prevents evaporation of the water, and the tube will not then need attention for some months.

ACCOMPANIMENTS, to serve with game, meat, fish, etc.

BEEF, BOILED.—Boiled vegetables, carrots, turnips, etc., boiled dumplings, white sauce with lemon juice and a little mustard.

BEEF, ROAST.—Yorkshire pudding, horse-radish sauce, gravy.

CALF'S HEAD, BOILED OR STEWED.—Brain sauce, slices of calf's tongue, lemon, bacon and suitable sauce.

CHICKEN, BOILED.—Egg sauce and lemon.

CHICKEN, ROAST.—Bread sauce, bacon, fried sausages, stuffing, gravy.

COD, BOILED.—Egg sauce.

DUCK, ROAST.—Apple sauce, sage and onion stuffing, green peas, and gravy.

DUCK, WILD, WIDGEON, TEAL, etc.—Orange or lemon salad, pieces of lemon, cayenne pepper.

FISH, BOILED.—Pieces of lemon, parsley and sauce.

FISH, FRIED.—Pieces of lemon, fried parsley and sauce.

FISH, GRILLED.—Pieces of lemon, flavouring and butter.

ACCOMPANIMENTS—*continued*

GAME.—Bread sauce, salad, potato chips, fried bread-crumbs, cranberry sauce, gravy.

HERRINGS.—Mustard sauce.

LAMB, ROAST.—Mint sauce and gravy.

MACKEREL.—Gooseberry sauce.

MUTTON, BOILED.—Caper sauce and boiled vegetables.

MUTTON, ROAST.—Onion sauce, red currant jelly, gravy. Baked suet dumplings if desired.

PORK, ROAST.—Apple sauce, sage and onion stuffing.

TONGUE, BRAISED.—Purée of spinach and brown sauce.

VEAL, BOILED.—Parsley sauce and boiled vegetables.

VEAL, BRAISED.—Stuffing, bacon, and brown sauce.

ACIDITY OF THE STOMACH, to treat.

Heartburn, flushings of the face, and other disagreeable sensations are symptoms of this disorder. It is best cured by taking two teaspoonfuls of magnesia in a tumbler of milk or water, preferably the former.

ACID ON CLOTHES, to counteract the effects of.

Immediately moisten the spot with spirits of ammonia.

ACNE. *See* BLACKHEADS.

ADENOIDS, treatment of.

These are fleshy growths at the back of the nose (in children). Salt and water injected into the nose may effect a cure, but most cases require operation. This should be followed by breathing exercises. The child closes its mouth, and takes a long breath through the nose. The mouth is then opened and the air allowed to escape.

ADONIS, to cultivate.

These useful rock plants thrive in a shady position if planted in a mixture of loam, peat and leaf-mould.

AGAPANTHUS (AFRICAN LILY), to cultivate.

A bulbous-rooted plant with graceful foliage and large heads of blossom. The blue variety is the most successful in this country. The bulbs should be stored in winter and planted out in early

spring, to flower in August. They may also be grown in pots or tubs, in which case they should be watered abundantly in summer with weak liquid manure.

AGNAILS, the prevention of.

Use a half-blunt instrument to loosen the semi-circular skin of the nails. Avoid touching the quick. Now dip the tips of the fingers in lukewarm water and press the skin back with a towel. If this is done every day, the formation of agnails will be prevented and the general appearance of the hands will be improved.

AGUE AND LOW NERVOUS FEVER, a tonic for.

Add 1 oz. of bruised lance-leaved Peruvian bark to 1 pint of water. Boil for quarter of an hour and strain while hot. Take from one to three ounces whenever shivering is felt. The back should be rubbed with rum and spirits of turpentine in equal parts, and the bowels kept open.

ALABASTER, to clean.

A piece of flannel moistened in spirits of turpentine and afterwards dipped in pumice stone should be applied to the stains. Dissolve some borax in a little warm soapy water and use for washing the alabaster. When thoroughly dry, polish with a soft brush dipped in plaster of Paris.

ALKANET, to propagate.

Sow either in spring or autumn in a bed of light, sandy soil, and afterwards transplant at intervals of 2 feet. The root gives a splendid red colour to oily substances, and is used as an ingredient in ointments, plasters, etc. It also improves the colour of mahogany.

ALLSPICE. (Alternatively called Jamaica Pepper, or Pimento.)

This is a spice made from the dried berries of a tree largely cultivated in Jamaica, and must not be confused with Mixed Spice. It is used in the making of pickles, curing of hams, and often as an ingredient for stews. It is also one of the components of curry powder.

ALMOND CAKE. *See* CAKE, ALMOND.

ALMOND PASTE.

1 lb. ground almonds
1 lb. castor sugar
2 eggs
few drops of almond essence
1 tablespoonful of flavouring, such as orange flower water or rose water.

Mix almonds and sugar, then add flavouring and essence, and lastly the eggs thoroughly whisked. Knead well, place on cake and roll level with rolling pin.

Almond paste may be made into small fancy shapes, flavoured and coloured as liked.

ALMONDS, to blanch and peel.

Place either in cold water and bring to the boil, or in boiling water and let them remain for about 6 or 7 minutes. Take out, remove skin, and throw into cold water. If to be used immediately dry with a cloth. If to be pounded, or stored for a few days, dry them off in a cool oven.

ALMONDS, DEVILLED.

Put enough butter in a small pan to give a depth of 1 inch when melted. Bring to boiling heat and, after blanching the almonds, throw them in all together. Mix salt and a little cayenne on a piece of paper. Remove almonds from the pan and roll them in the salt, shaking them well until almost cold.

ALMONDS, SALTED.

Prepare exactly as for Devilled Almonds, but omit the cayenne.

ALMOND TARTLETS.

2 oz. ground almonds
2 oz. cake-crumbs
2 eggs
2 tablespoonfuls sherry
castor sugar
short crust
strawberry jam

Line some patty tins with the pastry and put a teaspoonful of strawberry jam in each. Separate the yolks from the whites of eggs, mix the ground almonds, crumbs, sherry, yolks and sugar (to taste) together and put some in each tart. Whip the whites stiffly, add some castor sugar and a few drops of almond essence; pile some of this meringue on top of the almond mixture, and bake in a moderate oven about 30 minutes.

ALOES.

This is a purgative if taken in large doses, but acts as a tonic if taken in small ones.

ALOES, to propagate.

Slips, bottom off-sets, or suckers should be planted separately in pots of very light dry compost. Press the soil down firmly and water moderately. The plants should be placed in the green-house and sheltered from the midday sun. They will quickly take root. Water very sparingly in winter.

ALOYSIA (SWEET VERBENA), to cultivate.

Usually classed as a green-house perennial, but in our southern counties it may be left out of doors during the winter if well protected by a covering of straw. Of late years it seems to have lost favour, but it is worth cultivation for the fragrance of its leaves and the delicate tint of its foliage.

ALUM, as an astringent eye-wash.

Proportion.—½ drachm of alum in ½ pint of water.

ALUM, as an astringent gargle.

Proportion.—½ teaspoonful of alum dissolved in 1½ gills of water to which add ½ teaspoonful sulphuric acid and ¼ oz. of treacle.

ALUM, CONFECTION OF.

This is used as an astringent in the case of sore throat or ulcerated mouth. A dose consists of half a drachm.

ALUMINIUM, to clean.

Take a piece of flannel and dip in turpentine, rub the article lightly with it, afterwards washing off with a little soapy water; dry with a cloth.

AMARANTHUS (LOVE-LIES-BLEEDING, PRINCE'S FEATHER), to cultivate.

These are easily raised from seed by sowing in March in gentle heat. Love-lies-bleeding is a fine variety when well grown, and some kinds are still finer, attaining a height of from 2 to 4 feet when cultivated in rich soil, and producing a fine effect in borders. Where the brightly-coloured pendants are a characteristic the plants should be placed in large pots or vases.

AMARYLLIS, to cultivate.

Most of the varieties of this plant being semi-tropical are suited only for the green-house, where they bloom throughout the year. Plant in turfy loam mixed with well-rotted manure and sand. When first potted the bulbs need only a little water and gentle bottom heat, but as soon as the leaves appear an abundance of water should be given, and a vigorous growth encouraged. They should be allowed to remain in the same pots two or three years, nourishment being supplied by means of top-dressing and liquid manure.

AMBROSIA, to make.

Mix 2 oz. cornflour with a little milk. Pour on a pint of milk that has boiled with 2 oz. butter. Return to saucepan and cook thoroughly, adding 1 wineglass sherry and 2 oz. sugar. Pour into a wet mould.

AMERICAN BLIGHT, to remedy and prevent.

The apple and the oak are most subject to this pest. It is a woolly-looking substance of insect growth, infesting the bark of the tree and piercing the sap vessels, and ultimately destroying the branch it attacks. It lies dormant at the foot of the tree during winter, but in the spring it renews its ravages and will spread throughout the tree if its progress be not stopped. The best remedy is the free use of paraffin, rubbed into the crevices of the bark with a short-haired paint-brush wherever the insect appears; and in the winter, to prevent a recurrence of the trouble, a lather of soft soap may be applied with a stiff brush to the base of the tree's stem.

AMERICAN COWSLIP, to propagate. *See* DODECATHEON.

AMERICAN PLANTS, suitable soil for.

Azaleas, rhododendrons, andromedas, kalmias, bedums, and other plants which usually require bog earth to be cultivated successfully, may be grown in a compost of dead leaves, spent tan, rotted sawdust, decomposed straw, grass mowings, and burnt vegetable refuse of every description, mixed with sufficient garden soil to make it hold the moisture. The situation should be such that the plants shall be under the direct rays of the sun.

AMMONIA, HOUSEHOLD, to make.

1 large teaspoonful of soap powder (or finely shredded castile)
½ oz. powdered borax
24 oz. strong solution ammonia
10 drops oil of lavender
½ gallon water

Mix well together and keep in glass bottles with rubber stoppers.

AMMONIA SOAP, FOR FLANNELS.

Use melted soap and make a lather with warm (not hot) water, adding liquid household ammonia in the proportion of 1 tablespoonful to each gallon of water. Place the flannels in the solution and cover the utensil with washing board for half an hour. Lift out and rinse two or three times in warm water.

AMMONIATED TINCTURE OF QUININE. *See* QUININE.

ANÆMIA. *See* BLOODLESSNESS.

ANCHOVIES.

These are used, either whole or filleted, for hors d'œuvres and savoury dishes.

ANCHOVY EGGS.

2 eggs
butter
chopped parsley
anchovy paste
cayenne
rounds of bread either fried or toasted and buttered

Hard-boil the eggs, place in cold water for a few minutes and then remove shells. Cut eggs in halves across, not lengthwise. Scoop out the yolks and well pound with a little butter, anchovy paste and a pinch of cayenne. Cut bread into neat rounds and either fry, or toast and butter. Cut a small piece off the bottom parts of the cups of whites of eggs to make a flat base, and then stand the whites of the eggs on the rounds of bread, filling these egg cases with the mixture with the aid of a forcing bag and fancy tube. Sprinkle over with chopped parsley and serve on a dish garnished with cress.

ANCHOVY SAUCE.

1 oz. butter
1 tablespoonful flour
1 or 2 teaspoonfuls of anchovy essence
pinch each of salt and pepper
½ pint new milk, or milk and water, or milk and fish stock

Melt the butter and stir in the flour, taking care to keep smooth. Then gradually add the milk, stirring well until the mixture boils. Add pepper, salt and anchovy essence and simmer for 5 minutes. This sauce is used with various fish dishes.

For alternative recipe see SAUCE, ANCHOVY.

ANEMONE (WINDFLOWER), to cultivate.

A hardy perennial which is easily raised from seed. There are many kinds both bulbous and herbaceous, the Alpine and Apennine varieties being especially delightful. For flowering in the following year the seed should be sown in the open in June or July, while from sowings made in January or February the plants should bloom in September or October of the same year. The seed should be covered very lightly with soil, as germination is slow, and the plants should be thinned out so as to stand 5 or 6 inches apart.

ANISEED.

This is a spice used largely in confectionery and for flavouring and colouring liqueurs and cordials.

ANTHRAX, to treat.

The ulcer should be swabbed with pure carbolic acid and hot fomentations applied.

ANTIRRHINUM, to propagate. *See* SNAPDRAGON.

ANTISEPTICS, to use.

As the name implies, these are used to prevent any wound, etc. becoming septic. The following are the antiseptics in most common use to-day :

PEROXIDE OF HYDROGEN.—This is always in liquid form and is obtainable at any chemist's. It is non-poisonous and, as it is sold in various strengths, the proportion to be used in water is stated on each bottle.

BORIC ACID.—One tablespoonful to a pint of water.

PERMANGANATE OF POTASH.—One teaspoonful to the pint, and kept as a stock mixture. For washing wounds, or as a gargle, one of the stock mixture to twelve parts of water.

CARBOLIC ACID.—One tablespoonful to the pint.

ANTISEPTICS—*continued*

FRIAR'S BALSAM.—Should be used pure. The bottle containing the antiseptic should be labelled and kept out of the way of children.

ANTS, to destroy.

If the nests appear in the turf, boiling water should be poured in. When ants attack ripening wall fruit, lay a broad band of tar, mixed with a little sugar, on the bottom of the wall and around the stem of the trees. Bands drawn in white chalk will have the same effect.

APERIENTS, to use.

CASTOR OIL.—One teaspoonful to two tablespoonfuls.

SENNA or BLACK DRAUGHT.—Two to four tablespoonfuls.

CONFECTION OF SULPHUR.—One to two teaspoonfuls.

SYRUP OF CASCARA.—Half to two teaspoonfuls.

MAGNESIA.—Half to one teaspoonful.

LICORICE POWDER.—Half to one teaspoonful.

APHIDES, to destroy. *See* PLANT-LICE.

APHIS (GREEN FLY), to remove from rosebuds.

Nothing is better than the aphis brush, which consists of a pair of soft brushes joined together with a steel bow, so that by pressure of the hand they are brought in contact and the bud between them is cleared. *See also* INSECTS ON PLANTS, to destroy.

APOPLEXY, treatment of.

Bleeding into the brain. It occurs most frequently in men, and is a disease of middle and advanced life.

The head and shoulders should be raised a few inches from the ground. If the breathing is bad he should be turned on his side; a wet towel may be placed round his head. The patient should be kept quiet, to give the bleeding a chance to stop, and stimulants of any sort avoided.

APPENDICITIS.

Causes.—Constipation, cold, strain, fruit-pips, toothbrush bristles swallowed whilst cleaning the teeth, violent purgatives.

Symptoms.—Sudden pains in the abdomen, often beginning in the centre, but ultimately located in the right side. These pains are frequently accompanied by vomiting.

Treatment.—The person should be put to bed and hot fomentations applied to the abdomen. Diet should consist of milk and beef tea. A doctor should be sent for at once as immediate surgical treatment is sometimes necessary.

APPLE CHARLOTTE.

apples
stale bread
3 or 4 cloves
2 oz. butter
sugar
custard sauce

(Enough for four or five people.)

Stew the apples (peeled and cored) till tender with sugar and cloves. Line a cake tin with bread dipped in 2 oz. clarified butter; join the edges together with egg. Pour in the stewed apples and cover with a round of bread dipped in butter. Then cover with buttered paper and bake in a quick oven, turning round to brown all sides alike.

APPLE CHIPS.

Peel and core the apples, cut into thin slices and bake in an oven till quite hard. They will then keep for years. Steep in hot water before using.

APPLE CHUTNEY. *See* CHUTNEY.

APPLE DUMPLINGS.

6 or 8 apples
8 oz. flour
4 oz. lard and butter
pinch of salt
6 or 8 cloves
sugar
water

(Enough for six or eight people.)

Make the pastry with flour and butter and lard; add pinch of salt, mix stiffly with water, cut into as many pieces as apples, allowing roughly 1 oz. of pastry to each apple. Peel and core the apples, keeping them whole; place each on a piece of pastry and fill the hole with sugar and a clove. Work the pastry round the apple, brush over with water and sprinkle with sugar. Bake about 20 minutes.

APPLE FLAN.

½ lb. short pastry
5 medium-sized cooking apples
2 tablespoonfuls of sugar
1 oz. butter
grated rind of about half a lemon

Peel and core 4 of the apples and cut them into thin slices. Place in pan with the butter, sugar and lemon rind, cooking over very gentle heat until the apple becomes pulp, when allow to cool. Make short pastry and line flan ring with same. Place in the pastry the pulped apple. Prepare the uncooked apple by peeling, coring and cutting into thin slices. Place these thin slices on the top of the cooked apple until it is completely covered. Bake in fairly hot oven until the pastry is nicely browned. Can be served either hot or cold.

APPLE FOOL.

Peel and core the apples, stew till tender, beat to a pulp, gradually adding either 1 pint milk or ½ pint cream and 1 pint milk.

APPLE FRITTERS. *See* FRITTERS.

APPLE JAM. *See* JAM, APPLE.

APPLE JELLY. *See* JELLY (PRESERVE), APPLE.

APPLE PUDDING.

½ lb. flour
4 oz. beef suet
pinch of salt
1 lb. good cooking apples
1 tablespoonful of sugar
1 tablespoonful of water
little grated lemon rind

Chop the suet finely and roll in flour, then mix with the flour and pinch of salt. Make into a dough with water, knead and roll out thinly. Butter a basin and line it with this paste. Peel and core the apples and slice into thin slices until the basin is filled. Add the sugar, lemon rind and water and a small piece of butter. Cover the top of the basin with paste, cover with a cloth and boil for 3 hours. When cooked turn out of basin and serve with cream or custard.

APPLES, hints on buying and cooking.

Do not buy very small fruit even if it is very cheap, because there is so much waste from cores and peeling.

The heaviest apples are always the best and it is advisable to choose fruit which yield with a slight crackling sound when pressed between the thumb and finger.

Peelings can either be stewed in a little water and sugar and used for tarts and puddings or to make a sauce.

Vary the flavouring in apple dishes—cinnamon, cloves, ginger and lemon rind are equally suitable for the purpose.

APPLES, to dry.

Peel the apples and cut into slices. Then spread on cloths or boards and dry outside if the weather is fine. Portable frames are an advantage. They can be used either in drying indoors or outside. After the apples are pared, quartered, and cored, string them in lengths to reach twice across the frame; the ends of the twine should then be tied together and the string hung on the nails across the frame. As the apples dry they can be taken from the string and others placed on in their place. Dried apples may be bleached by exposing to the fumes of burning sulphur.

APPLES, to keep.

Choose an elevated piece of ground in the orchard, and dig a shallow hole in which heap the apples in quantities of not more

than 10 or 12 bushels. Cover them with straw laid lengthwise from top to bottom of the heap: leave them thus two or three days, during which time they will heat and sweat. When dry, cover the straw with a thin layer of earth except in three or four small places at the top and the bottom, where a large wisp of straw should be inserted and bent over as a watershed.

APPLES, to peel easily.

If scalding water is poured over apples the skins will peel off more easily.

APPLES, to preserve the colour of.

If apples are soaked for a quarter or an hour in cold water to which a little lemon juice has been added they will retain their colour during cooking.

APPLES, to store.

Lay the fruit on the floor or shelf so that they do not touch one another. They should be frequently examined and any that show signs of decay should be removed. Rough skinned apples such as russets keep best.

APPLE SAUCE. *See* SAUCE, APPLE.

APPLE SNOW.

¾ lb. apples	rind of 1 lemon
½ oz. gelatine	juice of ½ lemon
4 oz. castor sugar	whites of 2 eggs
½ gill water	

(Enough for four or five people.)

Peel, core and slice the apples. Stew them with the sugar, dissolve the gelatine in the water and add with the grated rind and juice of lemon. Whip the whites to a stiff froth and stir lightly. Put into a mould. Turn out when set, and serve with custard sauce.

APPLE TART. *See* TART, FRUIT.

APPLE TREES, the cultivation of.

The apple tree requires good, deep soil—a rich, sandy loam is the best—and as the tendency of its root growth is to run just below the surface it does not usually require root pruning or lifting.

APPLE WATER.

Bake apple till quite soft, then pulp and pour upon it a pint of boiling water. Beat it up with a little sugar and strain when cold. This gives a refreshing drink for sick people.

APRICOT JAM. *See* JAM, APRICOT.

APRICOTS, BOTTLING. *See* FRUITS, to bottle.

APRICOTS, to dry.

Choose fruit which is not quite ripe and scald in a jar immersed in boiling water. Then skin, stone, and put them into a syrup of half their weight of sugar, in the proportion of a pint of water to every 4 lb. of sugar, scald, and then boil them until clear. Allow to stand for two days in the syrup, before scalding in a thin candy. Keep them in the candy for two days, warming them up each day. Finally place them on a strainer to dry.

ARROWROOT, to test.

The best arrowroot is the Bermuda. If a slight crackling is heard when rubbing between the fingers, the arrowroot is sound. Pure arrowroot is usually of an opaque whiteness.

ARROWROOT BLANCMANGE.

Take 2 tablespoonfuls of arrowroot to 1 quart of milk, and a pinch of salt. Scald and sweeten the milk and then stir in the arrowroot, which must first be moistened with some milk. Let it boil once. Orange water, rose water, or lemon peel can be used to flavour it. Pour into moulds to cool.

ARROWROOT CUSTARD, for invalids.

Mix a tablespoonful of arrowroot with a little cold milk. Then add 1 pint milk, and boil. Stir in the arrowroot, an egg, and a tablespoonful of sugar, well beaten together. Let it scald, and pour into cups to cool. A little cinnamon boiled in the milk flavours it pleasantly.

ARTEMISIA (WORMWOOD), to cultivate.

A half-hardy annual, with a graceful growth of fresh green foliage and pretty little yellow flowers. May be raised from seed sown in gentle heat.

ARTICHOKES, to choose.

Break off one of the stalks. Young and good artichokes will break off clear; old ones will be stringy.

ARTICHOKES, to cultivate.

The globe variety gives larger heads and more fleshy edible parts than the oval. Plant the young shoots in April in ground that has been well worked and manured. Place in rows about 5 feet apart and 2 feet between the plants and give plenty of water. Trim the tops and roots before planting. Plant a row or two each year to secure a succession of crops from June to October. Bring to a large head by cutting off the side suckers when about as large as an egg. Gather when the scales open and before the flowers appear at the centre. Break down the stems close to the ground after gathering.

ARTICHOKES, JERUSALEM, to boil.

Wash, peel and cut the artichokes in oval or pyramid shapes. Put at once into cold water with a little lemon juice or vinegar.

Put them in boiling water with salt and lemon juice, and boil gently from 30 to 40 minutes. When tender drain well, put them in a hot vegetable dish, and serve with white sauce.

ARTICHOKES, JERUSALEM, to grow.

A row of artichokes set about 18 inches apart makes an excellent screen for an ugly fence. They will grow in almost any soil so readily that it is difficult to clear the ground of them again. Propagation is by sets or cuttings of the roots as for potatoes. Plant them 4 or 5 inches deep in rows a yard apart, allowing about 2 feet distance in the rows. They may be had throughout the autumn and winter.

ARTIFICIAL RESPIRATION, to apply.

Turn the patient on his face, and drain the water out of the mouth and air passages. The finger should be swept round the back of the throat to see there is no obstruction to the entrance of air, such as water, weeds or false teeth. The tongue should be grasped and drawn forward, and then the patient turned on his back, and a firm pillow or rolled-up coat put between the shoulder-blades, and the head pulled backwards. Grasp the arms at the elbows, and draw them over his head, and keep in the position for two seconds. Lower arms to the side of the chest, and press them against the ribs to expel the air; after remaining in the position two seconds, draw the arms over the head again. The movements should be done fifteen times a minute. Smelling salts should be put under the nose, and hot and cold water dashed alternately on the face. The body should be rubbed with towels. When respiration has been restored the patient should be covered with blankets, and given hot tea or brandy and water.

ART WORK, washing of.

Wash in bran water, stiffen with gum water and iron on wrong side. Do not use soap when washing.

ARUM (SNAKE-ROOT), to cultivate.

This plant is so called from its stem which resembles a serpent's skin. It bears very large dark purple flowers, and will grow in any soil that is deep and rather moist. It is hardy, but should not be disturbed.

ASPARAGUS, to boil.

Wash and scrape the white part of the asparagus; tie in bundles with tape, cutting the stalks an even length. Place in a saucepan of boiling water (stand the bundles up if possible) with salt and a pinch of carbonate of soda. Boil very gently for about 20 to 30 minutes, taking care not to break the heads. Lift out the bundles, drain, untie, and place on a slice of toast in a hot vegetable dish. Serve with melted butter or Hollandaise Sauce.

ASPARAGUS, to gather.

Cut the shoots when they are from 2 to 5 inches above the ground; otherwise the heads soon become open and loose. Thrust the knife down close by the side of the shoots to be cut, taking care not to damage or destroy any young buds that are coming up in succession and do not yet appear, cutting the shoots off slanting, about 3 or 4 inches within the ground. The main cutting for the year should finish about the second or third week in June.

ASPARAGUS, to grow.

Grow in a light easily-worked soil and in a situation open to the sun. Divide off into beds 4 or 5 feet wide and leave a 2 foot path between each bed. Well dig in plenty of rotted manure before planting roots in March. Always keep beds free from weeds.

ASPARAGUS, to preserve.

It is best to eat asparagus when freshly gathered as it then acts as a mild aperient. But it may be kept quite fresh for some time by standing it upright in not more than half an inch of water.

ASPERULA (WOODRUFF), to cultivate.

This is a hardy perennial suitable for shubberies or the spring garden, as it thrives in shade and blossoms into pretty tufts of small white flowers in May. Its dried leaves and stems are extremely fragrant and may be used to lay among linen.

ASPIC JELLY. *See* JELLY, ASPIC.

ASPIDISTRAS, the care of.

Remove some of the soil and sprinkle a little bone meal on the roots as a food. Make a solution of 1 teaspoonful of nitrate of soda dissolved in warm water, and add it to a bucket full of cold water. Allow the plant to stand for a time in the bucket and then drain. A little silver sand placed in the pot will greatly improve the plants.

ASTER, to cultivate.

This is a large family, including the Michaelmas Daisy and many named kinds of half-hardy annuals which deserve a place in every garden, as they put forth their beauty late in autumn. To secure a succession of bloom there should be several sowings, and the first will need artificial heat. The best results are often obtained by growing asters entirely in the open, in which case the sowing should be made in April on a well-prepared bed of rich soil lightened with wood ashes. The seedlings should be thinned out so as to give each plenty of room to grow into a sturdy plant before being transferred to its final quarters; and here again the soil should be dressed in readiness with well-rotted manure, while the plants should be assisted with weak liquid manure until they begin to flower.

ASTHMA, to relieve.

Heavy meals before retiring to bed should be avoided. Pork, cheese, pastry, and beer should not be taken. A warm glass of milk drunk whilst the patient is in bed will often ward off the attack. Stramonium cigarettes may be smoked. A mustard plaster or turpentine stupes, applied to the chest, give relief and may cut short the attack.

AT HOMES AND "AT HOME" DAYS.

In the case of a small afternoon At Home quite simple refreshments suffice, such as tea, coffee, lemonade—possibly claret cup—thin bread and butter, a sufficient variety of cakes, all of which should be of an easily negotiable nature, and tiny savoury, cucumber, or cress sandwiches are always popular. Hot buttered toast and tea-cakes are delicious in winter-time, but these should be served with due regard for their embarrassingly greasy nature.

At these informal "afternoons" it is quite usual for the hostess or her daughter to pour out the tea, which is then handed round with the cream-jug and sugar-bowl, so that each guest may suit his or her own taste. If no maid be present, a daughter or special friend may be asked to hand the cakes and cups, while of course any gentleman present will also wait on the ladies.

When calling upon an At Home day, sticks, umbrellas and heavy wraps or raincoats are left in the hall. These calls are not paid before half-past three or as a rule after half-past five, and each visitor only stays for about fifteen to twenty minutes, unless for any reason urged to remain longer.

The hostess receives her visitors as they are shown into the drawing-room and—on formal or informal occasions alike—a guest should always greet her hostess before any friends she may chance to see in the room. In the case of a shy guest or a newcomer to her circle, the kindly hostess will remain beside her for a little while and introduce her to anyone she imagines will be a kindred spirit.

A hostess, if seated, rises to greet a guest of either sex; a lady visitor will on rare occasions rise upon being greeted by a new arrival of her own sex, but not when the newcomer is a gentleman.

A gentleman rises promptly when greeted by a lady and remains standing until she is seated. Of course no gentleman would sit down while any ladies were standing through lack of seating accommodation.

At these informal At Homes it is quite correct to chat with visitors to whom you have not been introduced, but the conversation should be light and impersonal. On leaving, you shake hands with your hostess, and it is optional whether you do so with those with whom you have just been chatting, should they be personal friends of your own, but it is not usual to take a formal leave of other callers in the room, just a smile and bow being all that is necessary.

The hostess tries to have two or three minutes' conversation

with each fresh caller, then must probably interest herself with newcomers, so you talk and make yourself generally agreeable without expecting her to look after you all the time.

Take your leave quietly—a bow and a smile for other visitors, a handshake and word of farewell for your hostess—without any fuss of the kind that makes other people feel as if they also ought to go.

The Bride at Home.—Upon coming to her new home a bride moving in formal circles usually gives several At Homes in quick succession, sending out the usual afternoon or evening At Home cards, each mentioning the various dates, to friends and relations, particularly including all who attended the wedding or sent presents.

It is not necessary to provide any special entertainment at these first At Homes, as the primary object of callers will be to see and chat with the bride.

Doubtless the bride will receive many cards and calls, all of which must be promptly returned in like manner.

If not moving in circles where the formal routine of calling and card-leaving is observed, she should still give some little " afternoons " or " house-warming " parties to friends and relations of her own and her husband's, especially those from whom they received presents and good wishes, inviting also any of their new neighbours who have already approached them in a friendly spirit, and the bride should call upon any who have paid a welcoming visit to her. This is, of course, providing that the latter are people whose acquaintance she and her husband wish to cultivate.

AUBERGINES.

These are usually served stuffed and either baked or boiled, as an entrée. They should only be eaten when quite ripe as they are very indigestible at any other time.

AUBERGINES, FARCIES.

Cut in halves from end to end (not across) and take out part of the centre. Place this in a basin with a dash each of pepper, salt and vinegar and let it stand for about one hour. Then cook carefully for a few minutes a few mushrooms, one or two small onions, chives and a little chopped parsley, with a good spoonful of oil, after which add the aubergine pulp from the basin. Mix well and fill up the scooped-out centres of the aubergines with this mixture, dust over with bread-crumbs and small bits of butter. Place on fireproof dish and bake for about 20 minutes in a hot oven.

AUBERGINES, FRIED.

Peel, cut into rounds about ½ inch in thickness, dip in batter and fry. When cooked, drain and sprinkle with sugar or salt.

AUBRETIA.

A hardy perennial—excellent for walls, rock gardens and sloping banks : easily grown from cuttings, or by division, or raised from seed; indeed, the seed will sow itself in the earthy chinks of a wall in autumn and bloom in the following February.

AURICULA, to cultivate.

This is deservedly a favourite with gardeners. It blooms from February to June and thrives well in town gardens. It does not require artificial heat, though the protection of a frame or green-house is needed. It may be propagated by division of the roots in February or March, or may be sown at that season in well-drained pots. The plants need plenty of water, but they must not be watered when the temperature is below freezing point.

AXLE GREASE, to make.

Melt 1 lb. tallow and mix thoroughly with ¼ lb. each of castor oil and blacklead.

AZALEAS, to cultivate.

Chinese azaleas must be treated as green-house plants, but the American varieties, being hardier, will grow in the open if planted in a sheltered position. The soil should consist of heath-mould and sandy loam, and should be neither too damp nor too dry. Propagation is either by layering, off-sets, grafting, or by hybridized seed.

BACHELOR'S BUTTON. *See* RANUNCULUS.

BACK, WEAK, to relieve and cure.

Well rub with methylated spirit, and then dust over with starch powder. This will be found soothing and cool, without smarting or burning.

BACON, to boil. *See* HAM.

BACON, to choose. *See* HAM.

BAKEWELL PUDDING. *See* PUDDING, BAKEWELL.

BAKING, prevention of burning during.

If a cup of water is placed in the oven while baking, meat, bread, pies, etc., will be prevented from burning.

BAKING POWDER, to make.

6 oz. cream of tartar
4 oz. carbonate of soda
4 oz. ground rice

Mix all well together and pass through a hair sieve, put into a tin, keep covered and in a dry place.

BALDNESS, a cure for.

Apply regularly a mixture of 1 pint water, ½ oz. pearl ash, and 1 gill onion juice.

BALDNESS, to avoid.

Dandruff is a frequent cause of premature baldness. The head should be washed once a week in soap and soft water, and the scalp kept oiled with a mixture of three parts of almond oil to one of spirits of wine. A tablespoonful of flowers of sulphur shaken up in a medicine bottle full of water and the lotion applied to the head will keep the scalp free from scurf.

BALM, to propagate. *See* HERBS.

BANANA FRITTERS. *See* FRITTERS, FRUIT.

BANANA SPLIT.

Place a teaspoonful each of two different kinds of ice cream on a banana cut lengthways and pour over fruit juice. Sprinkle with chopped walnuts. Serve with whipped cream and a maraschino cherry.

BANANA TRIFLE. *See* TRIFLE, BANANA.

BANDAGES, application of.

The following will have to be applied by a surgeon, or skilled nurse, but certain materials will have to be prepared for them:

1. *Plaster of Paris.*—Necessary strips of cheese cloth, plaster of Paris, and hot water must be ready.

2. *Starch.*—Rolls of sheet wadding, basin of boiled starch of a thin consistency and strips of bandage of necessary width must be prepared.

3. *Bandages for broken bones.*—Necessary bandages and splints, if available. Person must on no account be moved until the arrival of the doctor.

The following are bandages which can be applied at home without the aid of a surgeon, or nurse:

4. *Finger Bandages.*—Width about ½ inch to 1 inch. To apply wind first around wrist, then bring up the back of the hand, wind around finger from tip to base, down back of hand again and around wrist in the opposite direction from the first winding, so that the ends may be tied to secure the bandage.

5. *Wrist Bandages.*—Placing one end at the base of the palm of the hand, take bandage over the hand between the thumb and first finger, then completely around hand between thumb and first finger again, down back of hand, around wrist, gradually winding up the arm as far as necessary, reversing the bandage to keep it flat on the arm.

6. *Head Bandages.*—Wind bandage once or twice around head and then once under chin to prevent bandage from slipping. Tie the ends over the spot where the most pressure is needed.

7. *Arm Sling.*—As is well known this can be made from a large handkerchief formed into a triangle, the point of the triangle being fastened behind the elbow and the ends of the handkerchief knotted behind the neck. Endeavour always to arrange bandage so that the hand is slightly raised compared with the elbow.

8. *Eye Bandage.*—A narrow folded bandage is the best for this. Find centre of bandage and place over the eye to be bandaged, then take one end of the bandage below the ear and the other diagonally across the forehead to the back of the head, where the ends should be crossed and brought round again, being tied over the eye. If both eyes have to be bandaged, a broader bandage should be used taken straight across the eyes round to the back of the head, ends crossed, brought to the front and tied.

BANNOCK.

Mix together a cupful each of oatmeal and flour, half a teaspoonful of ginger, and the same amount of salt, a tablespoonful of treacle, a little soda, and enough buttermilk to make into a stiff paste. Bake on an iron plate over the fire. Pease or barley meal may similarly be used for making bannock.

BARK, DECOCTION OF, to prepare.

Place 1 oz. powdered Peruvian bark in 1½ pints of water. Boil until it is reduced to a pint; then strain. To be taken in cases of diarrhœa, dysentery, indigestion, etc., in doses of 1 to 3 ozs.

BARLEY SUGAR ROCK.

1 lb. loaf sugar and 1½ gills water should be boiled together until it whitens and bubbles. Stir for a few minutes, adding the juice of a lemon. Drop a little into cold water, and if it breaks off crisply it is ready to be poured on a greased tin. Whilst cooling it should be cut into long strips and twisted.

BARLEY WATER.

2 tablespoonfuls pearl barley	sugar
½ lemon	1 pint water

Well wash the barley, put it into a hot jug with some lemon rind and juice and a little sugar, pour the boiling water over, cover and let it stand for 6 or 7 hours. Strain before use. Or—

Wash 1 oz. pearl barley in cold water and put into a saucepan with ½ pint cold water. When it has boiled for about 15 minutes strain off the water and add 1 quart fresh boiling water. Boil until reduced to half the liquid, and strain. Sweeten and flavour with a little lemon juice.

BASIL, to propagate. *See* HERBS.

BATH, to clean a.

Soak a piece of cloth in paraffin and rub bath well with it, afterwards rinsing bath in hot water.

BATH, EFFERVESCENT, to prepare.

(*a*) ½ oz. sodium bicarbonate
(*b*) ¼ oz. sodium acid sulphate
(*c*) 1½ oz. sodium chloride (common salt)
(*d*) ¼ oz. calcium chloride

First dissolve (*a*), (*c*) and (*d*) in a gallon of water; then add sodium acid sulphate and increase the quantity of water to 25 to 30 gallons.

Though the above formula is for one bath, it can, of course, be prepared in larger quantities in the same proportions.

BATH, EMOLLIENT, to prepare a.

1 lb. barley meal
2 lb. wheat bran
1 oz. borax

These ingredients should first be dissolved as far as possible in 2 quarts of warm water and then strained into the bath-tub, afterwards adding sufficient water to make up the bath.

BATH, MUSTARD, to prepare a.

Mix ½ oz. mustard with a little cold water to a paste, then gradually add hot water for a bath. *See also* MUSTARD BATH.

BATHS, precautions in taking.

A cold bath is a tonic for those in robust health. People who have a bad circulation should use tepid water.

Hot baths, if indulged in to excess, are harmful; they should be taken just before retiring to bed. To avoid scalding children in hot baths the elbow should be put in the water to see it is not too hot, before the child is placed in it.

BATH SALTS, to make. (First recipe.)

Mix together 12 oz. of sodium carbonate and 2 oz. of borax. This will give enough powder for two baths. Dissolve 7 oz. of this " bath salt " in a pint of water and add 25 to 30 gallons in an ordinary bath-tub.

The above powder may be perfumed with a few drops of bergamot oil, lemon grass oil, or lavender oil.

BATH SALTS, to make. (Second recipe.)

Take 4 oz. of sodium carbonate crystals and use as above.

For perfume add eau-de-Cologne or lavender water, whichever is preferred.

BATH TAPS, to lacquer.

First remove all grease by washing in hot water and soda, then polish in the usual manner. Heat 1 gill lacquer (Shellac) and apply evenly with a small camel's hair brush. Leave to dry thoroughly.

BATTER, FOR FRYING, to make.

3 oz. flour
pinch of salt
2 tablespoonfuls tepid water
1 tablespoonful oil or melted butter
whipped white of 1 egg

Put the flour into a basin, add the salt, make a hole in the centre, pour in the oil or melted butter, add the tepid water gradually and stir till smooth; beat for ten minutes. Let it stand from half an hour to an hour. Then add the whipped white lightly and it is ready to use.

Note.—This batter is suitable for coating fish, meat, fruit, fritters, etc., for frying.

BATTER PUDDING. *See* PUDDING, BATTER.

BAY LEAVES.

These are used either fresh, or dried, for flavouring sauces, soups, stews and sweets. Dried bay leaves should be kept in an air-tight container.

BAY RUM.

This is made by distilling rum from the leaves of the bayberry tree and makes an excellent wash for the hair, at the same time promoting its growth.

BEANS AND PEAS, to preserve seeds from mice.

Soak the seeds in salad oil and then dip in powdered rosin before sowing. Or soak them in a solution of bitter aloes.

BEANS, BROAD, to boil.

beans
salt
parsley sauce

Put the beans into boiling water with a little salt and boil until tender (about 1 hour if young, 1½ to 2 hours if old). When cooked strain off water and serve with melted butter, or parsley butter, poured over.

BEANS, BROAD, to grow.

These require a strong and well-manured soil. Sow on a sheltered border early in November for an early crop, and again in January. Protect with litter or branches against the frost. Set in rows about 2½ feet apart, with about 3 inches between the seeds, and about 3 inches deep. For the general crop sow at intervals from January to June. Pinch off the tops if there is any sign of black fly.

BEANS, FRENCH, to boil.

beans
salt
carbonate of soda
butter

String the beans and slice them thinly in a slanting direction, and put them in salted water till required. When ready put them in a pan of boiling water with salt and pinch of carbonate of soda. Let them boil quickly (uncovered) until tender; drain them, serve in a hot vegetable dish with a lump of butter.

BEANS, FRENCH OR KIDNEY, to grow.

Select an open, sunny position with a rich deep soil; dig deeply and manure in the autumn. The first sowing in the open should be made about the middle of April, and the young plants should be sheltered with a covering of loose litter. The main crop should be sown early in May and a few seeds sown for succession at weekly intervals until the beginning of July. Sow the seed 6 inches apart in drills 2 inches deep and allow 2 to 3 feet between the rows. Thin out or transplant the young plants to distances of 1 foot apart.

BEANS, HARICOT, to boil.

1 pint haricots
1½ oz. butter
carbonate of soda
chopped parsley
pepper and salt

Soak the beans for 12 hours in cold water with a pinch of carbonate of soda. Put them into a saucepan, cover with cold water and boil gently for about 2 hours. When tender drain in a colander (the water should be saved for the stock pot and not thrown away). Melt the butter in the saucepan, add the beans, parsley (one dessertspoonful), pepper and salt, and toss them over the fire till hot. Serve in a vegetable dish.

BEANS, RUNNER, to grow.

These thrive best in a soil which is deep and holds the moisture fairly well. Dig deeply and thoroughly manure the ground in the autumn, and sow the first seed about the middle of May in a sheltered position. Sow for succession at intervals in the open until the middle of June. The seed should be sown in drills 2 inches deep at distances of 5 inches between the seeds and 6 feet between the rows. In hot weather give plenty of water and, when the first leaves appear, the rods should be firmly placed in the ground. Dust the young plants with plenty of soot to protect them against slugs.

BEDS, to ascertain if damp.

Put a mirror for a few moments between the sheets. If it is misty when removed, then the bed is damp.

BED-SORES, to prevent and remedy.

When an illness is of long duration, the position of the patient should be changed from one side to the other to avoid both con-

gestion of the lungs and bed-sores. The slightest crease or particle of food in the bed-clothes may give rise to bed-sores. The patient should be sponged each day after his bath with equal parts of methylated spirits and oil. Apply the mixture to the back, elbows and any place where there is pressure. Dust all over with starch powder. If there is any soreness apply the white of egg or lemon juice and fold a sheet above and below the part to protect it.

BED SPRINGS.

New bed and cot springs should be treated with aluminium paint; they will not then rust.

BEDSTEAD, to clean a brass.

If the brass of a bedstead is a bad colour rub over with half a lemon dipped in salt, then wash with warm soapy water. Dry thoroughly, and polish with a soft duster. After cleaning it in this way it is sufficient to rub it over once a month with a rag dipped in paraffin, and polish with a soft duster.

BED TICKS, to clean.

Dissolve a very little permanganate of potash in plenty of cold water and rinse the tick in this mixture after washing. Any stains should be removed by means of a weak solution of chloride of lime and water, or a thin paste of starch and water, which should be placed on the stains and brushed off when dry. Well dry and air the ticking. To prevent the feathers coming through rub the inside with a fine piece of beeswax.

BED-WETTING BY CHILDREN.

Causes.—Giving children liquids just before bedtime, worms, tight foreskin, stone in the bladder.

Treatment.—The child should not have anything to drink for two hours before bedtime. Worms should be got rid of. A surgeon should be consulted as to the advisability of circumcision.

BEE BALM, to cultivate. *See* MONARDA DIDYMA.

BEEF, ACCOMPANIMENTS.

For Roast Beef.—Yorkshire pudding and horse-radish either shredded or made into sauce : clear gravy.

For Boiled Fresh Beef.—Carrots, turnips, and a green vegetable.

For Boiled Salt Beef.—Carrots, turnips, onions and suet dumplings.

BEEF, to boil.

beef (silverside)	dumplings
3 carrots	4 oz. flour
3 turnips	2 oz. suet
1 onion	salt and pepper

Well wash the beef to remove the salt, place in tepid water and bring to boiling-point, simmer gently, allowing 20 minutes to the

pound and 20 minutes over, skim occasionally. Prepare the vegetables, cut them up neatly, put them in with the meat; the carrots should go in first. Mix the dumplings and cook them with the meat and vegetables about 15 to 20 minutes. Serve the meat on a hot dish with vegetables and dumplings round, some of the liquor in a tureen.

BEEF, to choose.

The flesh should be deep red in colour, smooth grained, the lean and fat intermixed. The fat should be of a pale straw colour and somewhat soft. If very yellow it generally denotes the animal was fed on oil-cake. It is rich and greasy, and wastes in cooking, but is quite wholesome.

BEEF CAKE, to make.

Chop the meat very fine, add pepper and salt to taste, a little parsley, nutmeg, and some finely-chopped lemon peel. Mix well together with bread-crumbs, and bake in the oven for about an hour.

BEEF COLLOPS.

½ lb. beef
1 onion
2 oz. rice
½ pint stock
1 oz. butter
vegetables for garnish
salt and pepper

(Enough for four people.)

Mince the beef finely, melt the butter in a stewpan and fry the chopped onion; remove it and fry the beef, add the stock and the rice, which must be washed and previously parboiled. Simmer gently till cooked, season well, pile in the centre of a hot dish, garnish with vegetables (carrot and turnip cut in dice or green peas). Serve very hot.

BEEF, FRICANDEAU OF.

2 lb. fillet or piece of rump
herbs
larding bacon
mushrooms
tomatoes
potatoes
3 cloves
2 blades mace
salt and pepper
carrot, turnip, onion
wineglass sherry

(Enough for seven or eight people.)

Trim the beef and make it a good shape, lard this thickly and neatly with strips of bacon, put a layer of vegetables cut roughly in a stewpan, add the spice, herbs and sherry and enough stock to barely cover vegetables, place on the meat, cover with a greased paper, and cook gently for an hour and a half or till tender. Remove the fillet and crisp it in the oven, place on a hot dish, strain the stock, thicken and season it, pour round the meat, garnish with button mushrooms, small tomatoes and young potatoes.

BEEF GALANTINE.

½ lb. lean beef
½ lb. raw ham
½ lb. sausages
½ lb. bread-crumbs
2 or 3 eggs
1 shallot
chopped parsley
¼ lb. mushrooms
salt and pepper
little glaze

Put the beef and ham through a mincing machine separately, then both together, mix with skinned sausages, bread-crumbs, chopped mushrooms, shallot, parsley, and plenty of salt and pepper, bind with raw eggs and form the mixture into a smooth roll like a sausage. Tie securely in a pudding cloth and boil it gently for 2½ hours; when it is cold brush over with a little glaze made with dissolved gelatine flavoured and coloured with Liebig's extract.

BEEF, MINCED.

Take the lean of some cold roast beef and chop very fine, adding a small minced onion. Season with pepper and salt. Put it into a stewpan with some of the gravy that has been left from the day before, and let it stew for a quarter of an hour. Then put it (two-thirds full) into a deep dish. Fill up the dish with mashed potatoes, heaped high in the centre, smoothed on the surface, and browned.

Cold roast mutton or lamb may be minced in the same way, filling up the dish with mashed turnips instead of potatoes.

BEEF PATTIES.

½ lb. beef
little flour
little stock
salt and pepper

For Pastry

½ lb. flour
5 oz. butter and lard
water
salt
1 egg

(Enough to make six patties.)

Make flaky pastry, roll out to a quarter of an inch in thickness, cut the top with a pastry cutter, roll up the pastry again and line the patty tins. Put in the meat cut in dice or minced and dipped in seasoned flour, pour over a teaspoonful of stock, egg round the edges, put on the top and press edges together. Brush over with egg and make a hole in the top; bake in a hot oven for half an hour.

BEEF, POTTED.

Make a mixture of ½ lb. of salt and 1 oz. each of sugar and saltpetre and rub into some lean beef; allow to stand for several days, then cut into pieces and boil till tender. Beat it to a paste in a marble mortar when cold, adding gradually a little melted fat, pepper, allspice, or cloves as desired. Press it into pots and pour over a layer of clarified butter or pure mutton fat about a quarter of an inch thick. Cover the spots and keep in a cool place.

BEEF, PRESSED.

Wipe and dry 8 or 10 lbs. of salted silverside or brisket and tie tightly with tape or string. Place in the oven and leave until thoroughly brown. Transfer to a large saucepan and cook for several hours in 2 pint stock. Cover with heavy weights and remove bindings. Flavour part of the stock with relish. Dissolve 1 oz. gelatine in water; allow to cool and then add parsley and slices of hard-boiled egg and use for decorating meat.

BEEF RISSOLES.

Remove all skin and gristle from meat and mince meat finely. Chop finely one or two small boiled onions, a little parsley and chervil, and add to the minced beef together with a few bread-crumbs, a little mushroom ketchup to flavour, and pepper and salt to season. Mix all together thoroughly and bind with white of egg. Shape into balls, or small rolls, dust with flour, dip in well-beaten yolk of egg and roll in bread-crumbs. Drop into boiling fat and fry to a light golden brown, basting and turning them frequently. Serve either dry with sprigs of parsley, or else with a rich, thick brown gravy.

BEEF, ROAST.

sirloin or any roasting piece
horse-radish sauce

Wipe the meat, place on a roasting tin, allow a quarter of an hour to the pound and a quarter of an hour over. Baste frequently. To make the gravy pour off some of the dripping, brown a little salt in the pan, add water or stock, stir till boiling, pour round the meat. Serve with horse-radish sauce and Yorkshire pudding.

BEEF, SALT, to prepare.

Well rub the meat with plain salt and leave for about 8 hours, then rub thoroughly with the following mixture:

1 oz. saltpetre
8 oz. salt
2 oz. pepper
2 oz. sugar
1 dessertspoonful crushed bay leaves

Crush saltpetre, sugar and salt, and mix in the pepper and bay leaves. Put the meat on a large dish, turn each day, and keep rubbing in the mixture. In this manner a small joint will be salted in about a week.

BEEF, SCALLOPS A L'ITALIENNE.

½ lb. beef
2 oz. butter
1 oz. Parmesan cheese
1 oz. bread-crumbs
salt and pepper

(Enough for three or four people.)

Melt the cheese and butter in a stewpan, mince the beef and add it; season well, put the mixture in some greased scallop shells;

sprinkle over the bread-crumbs and a little of the grated cheese. Serve hot.

BEEFSTEAK PIE. *See* PIE, BEEFSTEAK.

BEEFSTEAK PUDDING. *See* PUDDING, BEEFSTEAK.

BEEF, STEWED BRISKET OF.

5 to 7 lb. brisket
2 carrots
2 onions
1 turnip
1 leek
1 head celery
12 peppercorns
6 cloves
bunch of herbs
salt

Put the meat into a large stewpan with sufficient water to cover; prepare the vegetables and add them, the cloves stuck in the onions, the peppercorns and herbs tied in muslin. Simmer gently from 4 to 5 hours, skimming occasionally. If served hot, take out the meat, thicken some of the liquor and serve as gravy. If to be served cold, take out the bones, press the meat between two boards with a weight on top, strain some of the liquor and reduce it to a glaze, adding a little Liebig's extract. When the meat is cold wipe it with a hot cloth, brush it with the glaze; a drop or two of carmine added improves the colour of the glaze.

BEEF TEA. (No. 1.)

1 lb. lean beef
pinch of salt
1 pint water

Shred the meat finely, removing all skin and fat, put it into a jar with salt and cover closely; let it stand for an hour, then stand the jar in a vessel containing water and cook slowly for 3 or 4 hours, stirring occasionally. Strain through a coarse strainer, keeping back only the larger parts of meat. If not required at once remove fat when cold.

Note.—The beef tea can be cooked in a jar standing in a saucepan of water or in a slow oven.

BEEF TEA. (No. 2.)

1 lb. lean beef
pinch of salt
1 pint water

Shred the beef, removing all skin and fat, stand in a basin and allow it to soak, adding the salt; put into a saucepan and bring very slowly to the boil, stirring all the time, and pressing the meat to the sides of the saucepan. When it is a rich brown, strain through a coarse strainer into a cup, remove any fat with a piece of kitchen paper, and it is ready to serve.

BEER, to condition.

Before using, allow casked beer to rest for three weeks if it is the heavy kind and one week if the lighter kind.

BEER, HERB.

Place 2 handfuls of nettles, 1 dozen roots of dandelion (with leaves) and 1 oz. bruised root ginger in 2 gallons of water and boil for an hour. Strain through a sieve into a vessel and whilst still hot add 1½ lbs. sugar. Allow to cool. Dissolve 2 oz. yeast in sweetened lukewarm water, and when risen mix with the beer. Skim the barm off the beer the next day; bottle, cork and make secure with twine. In two days' time it will be ready for use. Be sure the bottles are perfectly dry.

BEER, NETTLE.

Boil 1 peck of nettles, 4 lb. malt, 1½ lb. sugar, 2 oz. hops, ½ oz. ginger in 2 gallons of water. Strain and add a little yeast when nearly cold. Bottle whilst fermenting.

BEER, SPRUCE.

Add 4 gallons of boiling water to 4 gallons of cold; add 8 lb. of treacle or molasses and a few tablespoonfuls of essence of spruce. Stir well together. Add 1 gill yeast and leave in a warm room for two days with the bung-hole open. Close up the cask, or bottle the beer when it has fermented and it will be ready for use in a few days. This is useful as a preventative against scurvy.

BEETROOT, to cook.

These can generally be purchased already cooked, but if purchased raw care must be taken to see that the skin has not been broken, otherwise the juice and colour will come out during cooking. Place in boiling water to which salt has been added, and cook until tender. To test whether cooked either press the skin with a finger (if cooked the skin will commence to peel), or try to pierce with a straw. They may be served either hot, as a vegetable, with melted butter or parsley sauce, or cold, thinly sliced, sprinkled lightly with pepper and salt and with a little vinegar or lemon juice poured over.

BEET, to grow.

Sow broadcast in an open sunny spot from February to May. Thin out to intervals of about a foot, hoeing between the plants. Dig up before the frost attacks them.

BEET, to keep. *See* CARROTS.

BEETLES, BLACK, to destroy.

Beetles usually appear first in the kitchen and rapidly spread over the house if not immediately exterminated. If they come out from a hole near the kitchen range the mortar should be removed because it is probably the home of the eggs. Lift the hearthstone, kill any beetles underneath, and pour in a layer of boiling tar. Do not replace the stone until the tar is cool.

BEGONIA, to cultivate.

There are two varieties in general use—the tuberous and the fibrous rooted, the tuberous being the greater favourite. It is classed as a half-hardy perennial, and from seed sown in March in gentle heat good plants may be obtained early in June. The seed is fine and should be sown very thinly, scattered on the surface of the soil, not buried. Germination is slow and apt to be irregular, and as soon as a few seedlings are large enough they should be pricked out into shallow boxes and not disturbed again until planted out. The chief requirements of the seedlings are moderate heat, moisture and shade, and when planted out they should go into a rich soil, for the Begonia is a gross feeder. For preservation for the following season the tubers should be carefully lifted (the decayed stems being gently removed) and stored in cocoanut fibre or sand in a cool place, where frost will not reach them. For summer bedding the Begonia produces a fine effect, the colours ranging from white to rose, pink, crimson and darkest scarlet.

BEREAVEMENTS.

Though death brings the most intense anguish to a family, there are duties and social conventions which cannot be set aside, or much distress, embarrassment and even ill-feeling may be caused.

At once the head of the family (or whoever the circumstances decree shall shoulder the responsibility) should inform friends and relations, who have the right to an immediate knowledge of the event, then, when the arrangements for the funeral are decided upon, a further intimation should be sent to those who have already been written to, also all others whom it may concern, asking those whose presence is wished for, to attend the funeral, because it is not correct for them to arrive at the house of their own accord.

Letters of condolence should at once be written on receipt of the tidings. These are always difficult to write. They must be penned to suit individual cases, always with a sympathetic tact that refrains from causing unnecessary hurt. Gushing and platitudes should be strictly avoided, and it is in the worst possible taste to speak of the loss as a " happy release," or to use words to that effect, even if circumstances justify you in so thinking.

Only very intimate friends should express any wish to intrude upon the privacy of the mourners before the funeral, unless under exceptional circumstances.

Unless a wish for " no flowers " is expressed, it is usual for relations and friends to send floral tributes, which need not be all white, and to each should be attached a card bearing the sender's name and a brief message of sympathy or affection consistent with the greater or lesser degree of intimacy between those concerned. It should be someone's special duty to keep a record of the names of all who send flowers or expressions of sympathy, so that they may be acknowledged in due course.

Those who assemble at the house of mourning for the funeral should wear black, unless conforming with an expressed wish to

the contrary, arrive punctually, be as unobtrusive or quietly helpful as they can, control their own emotions, and not harrow with painful questioning those who are ill-fitted to bear it, for morbid curiosity is so cruelly ill-bred.

There is no set rule now as to whether ladies follow to the grave or not. The usual order of precedence in a funeral cortège is that nearest relations follow next to the hearse and behind them the more distant members of the family, friends being last.

Widely black-bordered stationery is seldom used now, certainly not by any but near relatives, and it is quite permissible for those outside the family to use ordinary white paper and envelopes.

Mourning Dress.—Little need be said on this subject, for the wearing of mourning has become so much a matter of individual preference and discretion, and many who sorrow most deeply give the least outward sign of woe. Even those with conventional ideas as to this method of showing respect and remembrance for those who have " passed over," do not wear such heavy mourning or for so long a period as was customary before the war, and regulation widow's weeds are the exception rather than the rule. Briefly, the duration of conventional mourning is :

A widow, for her husband, black, with white lawn collar and cuffs, for one year; black and white, then grey or mauve during the second year. If a widow's veil is worn at first, it is generally discarded after from three to six months.

A widow does not go noticeably into society or to entertainments, and on visits other than those to relations and intimate friends, during the early months of her bereavement, but this also has become largely a matter for individual decision.

For children, or sons and daughters-in-law, six months' deep black, followed by half-mourning for six months. This same observance applies when children mourn their parents. Parents would not remain in mourning so long for quite little children.

For a brother or brother-in-law, sister or sister-in-law, black is worn for a period of four months or more, according to discretion, and the same is customary in the case of grandparents.

For an uncle, aunt, nephew, or niece, black is worn for a period varying from six to twelve weeks, or more cases of close association.

Men may be even less conventional in the matter, and except when widowed, seldom affect entire suits of black, though discretion in shades and patterns of the suitings worn is exercised.

BILIOUS ATTACKS, to treat.

No food whatever should be taken when an attack is on. The stomach should be thoroughly washed out with large draughts of water or soda water and purgatives taken to remove the undigested matter. People who are subject to bilious attacks should live plainly, take plenty of outdoor exercise, keep the bowels free, and drink plenty of water between meals.

BILLIARD TABLES, to iron.

Iron quickly up the middle of the table in a straight line with the nap of the cloth, and continue to iron in straight lines until the

whole table is done. Great care must be taken to see that the iron is not hot enough to scorch the cloth.

BIRDS, to stuff.

Remove the entrails, being careful not to injure the feathers; then take out the brain through the mouth, taking care not to tear the membranes of the bill. Fill the inside of the skull and the body with a mixture of pepper, salt and alum. Put the bird in a cool place for a short time and then dry before a fire. Remove the pepper, etc., and fill the bird with some soft substance and arrange it. Keep the wings and tail in position with wire.

BIRTH MARKS, Port Wine marks.

If small they may be operated on. Large ones are incurable.

BIRTHWORT, to propagate.

This is a useful climber for covering walls or trellis-work. Propagate by layers, half divided behind an eye.

BISCUITS, CHOCOLATE.

3 eggs
2 oz. castor sugar
1 oz. grated chocolate
2 oz. flour
vanilla

Beat yolks of eggs with castor sugar until frothy. Stir in lightly the grated chocolate and flour, sifted with a tiny pinch of salt. Add a few drops of vanilla, then lightly fold in stiffly frothed whites of eggs. Drop in tiny rounds from the point of a teaspoon on a buttered tin at some distance from each other to allow them space to spread. Lightly dust with castor sugar. Bake in a moderate oven for about 10 minutes or until firm.

BISCUITS, COCOANUT.

½ lb. cocoanut
½ lb. castor sugar
whites of 5 eggs

Whisk the whites of eggs to a stiff froth, stir in lightly the sugar and cocoanut, place in small heaps on rice paper, sprinkle over some sugar, and bake in a very cool oven for about half an hour.

BISCUITS, COFFEE.

½ lb. flour
4 oz. butter
4 oz. sugar
coffee essence
little citron

Rub the butter into the flour, add the sugar, mix with coffee essence and knead till smooth. Roll out, cut into strips 1 inch wide and 2 inches long; place a small strip of citron on each; bake in a slow oven on a greased baking sheet.

BISCUITS, GINGER.

½ lb. flour
¼ lb. butter
¼ lb. sugar
1 oz. ground ginger.
pinch cayenne
1 egg
little sherry

Rub the butter into the flour, add sugar, ginger and cayenne,

mix with the beaten egg and a little sherry. Roll out on a floured board, cut into rounds, put a small piece of preserved ginger on each, and bake on a greased tin in a moderate oven for about 15 minutes.

Note.—Instead of an egg a little treacle or golden syrup can be used to mix.

BISCUITS, GINGER SNAP.

2 cupfuls each of treacle and lard, 1 tablespoonful each of soda and ginger, and sufficient flour to make stiff enough to roll out. Bring the mixture to the boil before adding the flour. This will make them "snappish."

BISCUITS, OATMEAL.

4 oz. flour
2 oz. fine oatmeal
1 oz. sugar
2 oz. butter (melted)
1 egg and a little milk
pinch of salt

Mix the flour, oatmeal and sugar together, stir in the melted butter and beaten egg and if necessary a little milk, but the mixture must be stiff. Roll out thinly, cut into rounds, place them on a greased baking sheet and bake about 10 minutes.

BISCUITS, SHREWSBURY (sometimes known as EASTER CAKES).

4 heaped tablespoonfuls of fine flour
2 oz. castor sugar
2 oz. butter
1 egg
1 oz. currants
pinch of salt
juice of 1 lemon

Mix flour, sugar and salt; rub in the butter; add currants. Moisten with well-beaten egg and lemon juice. Bake on greased tin in cool oven until pale golden brown (about 15 to 20 minutes).

BISCUITS, SPONGE.

3 eggs
4 oz. well-dried sifted flour
pinch of salt
6 oz. castor sugar
little almond essence to flavour

Beat the yolks of the eggs only with the sugar until very frothy. Whisk the whites separately until quite stiff, and then stir flour and whisked whites gradually into the beaten yolks and sugar, adding the salt and flavouring essence. Dust out some finger-shaped moulds with some castor sugar and flour mixed, and fill with the mixture, dredging a little castor sugar over each. Bake in a quick oven until a very light golden brown, when they should be thoroughly cooked through. Time for baking should be about 15 to 20 minutes.

BISCUITS, VANILLA.

8 oz. flour
4 oz. butter
4 oz. sugar
2 eggs
vanilla essence
glacé cherries

Rub the butter into the flour, add the sugar, mix with the beaten

eggs, and add vanilla essence. Knead till smooth, roll out, cut into rounds with a fancy cutter, brush over with water or white of egg, sprinkle with castor sugar, put half a glacé cherry on each biscuit and bake on a greased baking sheet in a moderate oven—a pale brown.

Note.—Lemon or almond essence can be used instead of vanilla.

BITES, DOG, to treat.

As a rule it is only necessary thoroughly to cleanse the wound and to apply a little iodine or weak carbolic. But should there be even the faintest suspicion of rabies, it is absolutely imperative that the circulation should immediately be arrested above the bite, and the doctor sent for. Give sal volatile in water every few hours as a stimulant.

BITES, INSECT. *See* STINGS AND BITES.

BLACKBERRY CORDIAL, for diarrhœa.

Boil together 4 lb. white sugar and 1 gallon of blackberry juice. Remove the scum and add 1 oz. cloves, 1 oz. cinnamon and 4 or 5 grated nutmegs. When sufficiently boiled, allow to settle; strain and add 1 pint of brandy. Give one tablespoonful to a child and a wineglassful to an adult.

BLACKBERRY JAM. *See* JAM, BLACKBERRY.

BLACKBERRY JELLY. *See* JELLY, BRAMBLE.

BLACKBERRY TART. *See* TARTS, FRUIT.

BLACKBERRY VINEGAR. (No. 1.)

Allow the fruit to stand for 24 hours covered with vinegar; then strain. To every quart of liquid, add 1 lb. sugar and boil in a porcelain-lined saucepan until the liquid thickens.

BLACKBERRY VINEGAR. (No. 2.)

1½ lb. blackberries
1 pint vinegar (malt)
1 lb. brown sugar

Pour vinegar over blackberries, let stand for three days, stirring often. Strain through muslin and boil the vinegar with sugar 10 to 15 minutes; bottle when cold. Good taken with a little hot water when cough is troublesome.

BLACKBERRIES, to bottle. *See* FRUIT, to bottle.

BLACK CLOTHING, to renovate.

If black cloth is rubbed with a rag soaked in spirits of turpentine it will effectively remove all shininess.

A black dress may be restored by first dusting and brushing.

Then remove stains and sponge with hot water, and iron on the wrong side.

BLACKCURRANT JAM. *See* JAM, BLACKCURRANT.

BLACKCURRANT JELLY. *See* JELLY, BLACKCURRANT.

BLACKCURRANT TART. *See* TARTS, FRUIT.

BLACKCURRANT TEA.

1 tablespoonful blackcurrant jam
little lemon juice
½ pint boiling water

Put the jam into a jug, add the lemon juice, pour over the boiling water, cover for a few minutes, strain it and serve.

BLACK DRAUGHT, to make.

Pour ½ pint of boiling water over 1 oz. Epsom Salts, 1 dram senna leaves, 1 dram grated ginger, ½ oz. Spanish liquorice. Allow to cool; then strain and add 3 drops of oil of cloves.

BLACK EYE, to treat.

Make a solution with hot water and a little bicarbonate of soda and bathe with same.

BLACKHEADS, or ACNE, treatment of.

Blackheads are due to the blocking of the oil glands of the skin. The parts affected should be washed in warm water and soap, and then dried with a rough towel. The blackheads may be squeezed out by applying a watch-key over them and pressing; afterwards they should be dressed with sulphur ointment, and Griffith's mixture should be taken in one or two tablespoonful doses three times a day after food.

BLACKING, to make.

Mix together ½ lb. ivory black, 1 oz. treacle, 2 oz. olive oil, 2 oz. oil of vitriol, 4 oz. alcohol, and ½ lb. rye flour.

BLACKING, LIQUID, to make.

Well mix together 4 oz. molasses, ½ oz. lamp-black, 1 teaspoonful yeast, 1 teaspoonful oil of turpentine. Apply with a sponge.

BLACKING, PASTE, to make.

2 oz. oil of vitriol, 4 oz. tanners' oil; mix and allow to stand 48 hours. Add 5 oz. treacle and 1 lb. ivory black. Stir well.

BLANCMANGE.

Nowadays these are more often than not made from the blancmange powders obtainable from all grocers. Recipes for blanc-

manges made with arrowroot, cornflour or ground rice are given under these three headings, which see.

BLANKETS, to wash.

An ounce of glue should be dissolved in a pint of water and placed in a jug to stand on the stove. Stir the glue water into a bath full of hot water. Place the blankets in the bath, and leave for half an hour, stirring occasionally. This will remove all the dirt. Put through the wringer and rinse in hot water; wring out again and hang out on the line. When washed and thoroughly dried, blankets should be beaten with an ordinary carpet-beater; this makes the wool light and soft and gives the blankets a new and fresh appearance.

BLANKETS, NEW, to wash.

¼ lb. of rock Fuller's earth should be dissolved in boiling water. Leave the blankets to steep overnight in sufficient cold water to cover. Squeeze out, and wash in the usual way. This method removes all oil, and very little soap is required in order to make the blankets soft and fleecy.

BLEACHING.

To bleach linen.—Place it on the grass and expose it to the sun and air day and night until it is bleached. Where this method is impracticable see LINEN, a liquid for bleaching, for alternative method.

BLEEDING FROM THE NOSE. *See* NOSE, bleeding from the.

BLEEDING, to stop.

A handkerchief should be doubled up into a pad, put over the wound, and kept in position by pressure from the hand, or another handkerchief may be tied tightly over it.

If an artery of a limb is cut, and the blood spouts out, a handkerchief should be tied round the limb above the wound, and a stick put through the handkerchief and twisted. The part should be elevated, and the patient should lie down and keep as quiet as possible.

BLEEDING HEART (DICENTRA), to cultivate.

This plant is so general a favourite that it requires no recommendation here; but it may not be amiss to suggest that however useful it may be in mixed borders, its more fitting place is some sheltered nook in the rock garden, where its slender stalks of blood-red flowers could more safely display their peculiar beauty and the plant itself rejoice in some protection against the late frosts of spring.

BLINDS, LINEN, to clean.

It is not necessary to remove the blind from its roller. But in order to keep it firm, tack securely to each corner of the kitchen

table. Well dust or brush the blind, then mix some flour and water into a firm, stiff paste which on no account must be sticky. Rub this on to the blind crossways, renewing the mixture as it gets dirty. If there are any grease marks, place over them a sheet of brown paper and rub over with a very hot iron.

BLINDS, VENETIAN, to clean.

Make a paste of some whitening; dip a wet flannel into it and rub both sides of the laths. Then well rinse them in soft water and allow to dry.

BLOATER, POTTED.

4 or 6 bloaters	anchovy essence
2 oz. butter	salt and pepper

Cook the bloaters either by frying or grilling, remove the skin and bones, pound them in a mortar, then pass through a wire sieve, add 2 oz. butter, flavour with a little anchovy essence, salt and pepper, put into pots, and cover with lard or clarified butter. It will keep some days.

BLOODLESSNESS, or ANÆMIA, treatment of.

This occurs most frequently in girls between fourteen and twenty-five. The patient should have plenty of fresh air and easily digested food; rest, both bodily and mentally. Avoid climbing stairs and weight-carrying, and constipation should be relieved by taking a Seidlitz powder in water every morning before breakfast till the bowels are regular.

Iron must be taken in some form or other. Pills are the most convenient; one to three aloes and iron pills three times a day after food, or Blaud's pills taken in the same way. A walk should be taken daily in fresh air.

BLOOD STAINS, to remove.

Soak the article in several changes of clean cold water before washing in warm soapy water, or, in the case of delicate fabrics, or any article for which the foregoing method is impracticable, lightly sponge the stained part with lukewarm water to which has been added a few drops of ammonia.

BLOTCHED FACE, a wash for.

Mix 1 dram sulphate of zinc in 3 oz. rose water, and wet the face. Dry gently and then smear lightly with cold cream which should also be dried off gently.

BLUE, BERLIN, to make.

Mix in a glass vessel or matrass ½ oz. of best powdered indigo and 2 oz. sulphuric acid. Digest for an hour with the heat of boiling water, occasionally shaking the mixture. Add 6 oz. of water and stir well; filter when cold.

BOARDING HOUSES, etiquette for visitors at. *See* HOTELS AND BOARDING HOUSES.

BOARDS, to whiten.

Add to 1 part of lime, 2 parts of soft soap and 3 parts of silver sand. Sprinkle a little on the boards and well scrub with a wet scrubbing brush. Rinse with clean water and wipe dry. This method will prevent vermin.

BOILERS, LEAKY, to make a cement for.

Mix together 2 parts powdered litharge, 2 parts very fine sand, and 1 part slaked quicklime. When required for use, mix the contents with boiled linseed oil and apply immediately, as it hardens very quickly.

BOILING, rules for.

Joint of fresh meat.—Place in boiling water and boil for 4 or 5 minutes. Then reduce heat and simmer gently, allowing about 20 minutes to each pound. For pork about 25 minutes for each pound must be allowed.

Salt meat.—Put into warm and not boiling water. By this means some of the salt is abstracted.

Bones and meat for soups.—Have bones well chopped and cut meat into small pieces. Place in cold water, bring to the boil and then simmer gently until any meat which may be on the bones easily drops away from them.

Liquor in which fresh meat has been boiled is ideal for the stockpot.

Always keep the lid of the saucepan on when boiling meat, and skim well.

For rules regarding boiling of vegetables see VEGETABLES, a hint regarding the boiling of.

BOILS, to treat.

Bring to a head by applying hot fomentations of camomile flowers. Surrounding the boil with sticking plaster may help to check the severity of the inflammation. When it is ripe it should be opened. The matter from a boil will infect the neighbouring skin and produce crops of boils, so apply bread poultices till the matter is cleared away. The condition of the blood should receive attention and the bowels kept open.

BOOKS, to preserve from insects.

If books are occasionally dusted over with a mixture of white pepper and powdered alum they will be insured against the attacks of insects.

BOOTS AND SHOES, to make waterproof.

Saturate leather boots with castor oil to render them waterproof. Drive a peg into the middle of the sole to stop squeaking.

BOOTS AND SHOES, to soften.

Boots and shoes which have been stored for a time should be well washed in warm water and rubbed in castor oil.

BOOTS AND SHOES, waterproof blacking for.

Cut up a pair of old india-rubber shoes, remove the cloth lining and place the rubber in about a pint of neat's foot oil. Heat until the rubber is melted, stirring occasionally, but do not allow to burn or boil. This will take about two days. Then stir in about ½ lb. beef or mutton tallow and ½ lb. beeswax. Add lamp-black if not black enough. Wash the boots and when almost dry apply the waterproof. In cold weather work near the fire, rubbing the blacking in well with the hands.

BORACIC ACID, or BORIC ACID.

This is an exceedingly useful antiseptic, obtainable as powder, lotion, or ointment.

BORACIC LINT.

This is a very handy form of dressing for any wound, and merely requires to be moistened with water before being applied to the wound.

BORAX, the various uses of.

1. It cleanses and heals wounds, sore throats, etc.

2. It is excellent as a tooth powder or tooth wash.

3. ½ teaspoonful dissolved in the water used for washing the head and hair gives a delightful gloss to the hair.

4. It whitens linen and is a better cleanser for this purpose than soda. When used for this purpose dissolve 4 oz. in each 5 gallons of hot water used. Let clothes remain in this solution all night and then boil them for a short while in the morning, when they require very little, if any, rubbing.

5. If a little is used in the water with which the floor of a room is washed, it will kill any harmful insects with which it comes into contact. If sprinkled, as a powder, in any places where there is a pest of black beetles, or any other insects, it will soon rid the place of them.

6. One remedy for killing aphis (green fly) on garden plants is a solution of borax in water in the proportion of 1 oz. to 1 pint. Applied with a brush to the stems and bark of fruit trees, etc., it kills all insects in the bark and on the stems.

7. It is excellent as a preservative of meat, etc., the meat being soaked in a solution of borax for just a short time.

BOSTON CREAM, to make.

1 oz. tartaric acid
2½ breakfastcupfuls boiling water
1 breakfastcupful sugar
2 teaspoonfuls essence of lemon
1 white of egg

Pour boiling water over sugar, stirring occasionally. When

cold add acid, the essence and well-whisked white of egg and then bottle the cream. Take 2 teaspoonfuls to 1 tumbler of water, adding ½ saltspoonful carbonate of soda if desired.

BOTTLES, MEDICINE, to clean.

Some black mustard seeds should be powdered and put in a bottle with a few spoonfuls of tepid water. Shake well and leave for a few minutes. Repeat the operation if smell has not entirely disappeared.

BOTTLE TOPS, STIFF.

To remove the screw cover or the lid of a bottle or jar, instead of using a cloth, try gripping with a piece of sandpaper.

BOTTLE WAX, BLACK, to make.

Melt together 3¼ lb. black resin, ¼ lb. beeswax, 1¾ lb. finely powdered ivory black.

BOTTLE WAX, RED, to make.

Make as for Bottle Wax, Black, but use Venetian red or red lead instead of ivory black.

BOTTLING OF FRUIT. *See* FRUIT, to bottle.

BOWELS, INFLAMMATION OF THE, to treat.

This is mostly confined to children and is prevalent during warm weather. If the child is at the breast it should be fed regularly, and not allowed to overload its stomach; a quarter of an hour is long enough to remain at the breast. A teaspoonful of lime-water may be given before the child commences suckling. In bottle-fed children the milk should be boiled, and both the vessels that it is stored in and the feeding-bottle kept scrupulously clean. Children should not be weaned during hot weather. If they have been and diarrhœa sets in, they should be returned to the breast. If these preventative measures fail, and diarrhœa has commenced, a dose of castor oil should be given. In bottle-fed children all milk and milk foods should be stopped, and the child fed on albumen water which consists of adding the white of one egg to half a pint of cold water. This should be given in teaspoonful doses. Barley water may be given to quench the thirst. Hot fomentations should be applied to the abdomen and constantly changed. If these simple remedies fail to give relief a doctor should be consulted.

BRAIN, INFLAMMATION OF.

Causes.—Injury, burns, during measles, scarlet fever, or erysipelas: sometimes as a complication to discharge from the ear.

Symptoms.—Headache, restlessness, fever, vomiting, convulsions, paralysis.

Treatment.—The patient should be in a darkened room and kept perfectly quiet: an ice cap should be put on the head. A blister on the nape of the neck may do good. The patient should be given a teaspoonful of compound jalap powder. Ten grains of phenacetin will relieve the headache.

BRAIN SAUCE.

½ pint melted butter
brains of calf or sheep already cooked
pinch of salt and pinch of cayenne

Heat the melted butter and add the salt, cayenne and brains chopped small. This sauce is used for serving with sheep's or calf's head.

BRAINS ON TOAST.

calf's or sheep's brains
1 egg
about 1 teaspoonful parsley (chopped finely)
1 gill milk
few sprays of fresh parsley (unchopped)
1 oz. butter
pinch each of salt and pepper
squares or rounds of toast

Wash brains in cold water, removing any clots of blood, or bits of loose skin, and allow to soak for about half an hour. Then place in boiling water to which has been added a tablespoonful of vinegar or lemon juice and simmer gently for 10 minutes. Take out, drain and chop fairly coarsely, removing the skin. Make the toast, butter and keep hot. Put the chopped brains into a pan with the butter, chopped parsley, milk and thoroughly beaten egg. Add the pepper and salt and stir over a very gentle heat until the mixture is heated right through, but be very careful that it does not boil, otherwise the egg will curdle. As soon as ready place the mixture on the pieces of toast and serve at once on a hot dish garnished with the sprigs of parsley.

BRAISING.

This is a combination of stewing and roasting and is generally done nowadays in casseroles in the oven, or over a low heat. It is a favourite method of cooking small joints, poultry and game.

BRAN, DECOCTION OF.

For diabetes add ¼ lb. bran to 1¼ pints water and boil down to 1 pint. For coughs and sore throats sweeten with sugar.

For an emollient footbath boil 1 quart bran in 1½ gallons water for 5 minutes and cool down. Add cold water to bring to desired temperature.

BRAN WATER, for washing art work.

4 breakfastcupfuls of bran
1 gallon cold water
½ gallon tepid water

Put the bran into the gallon of cold water, bring to the boil

and allow to simmer for about half an hour. Strain the water from the bran and then add the lukewarm water to the solution. Use this solution full strength for washing article, but dilute to at least half strength for rinsing. Articles washed in bran water should never be starched. If it is necessary to stiffen the article, do so in gum water.

BRASS, LACQUERED, to clean.

If very badly stained, rub with lemon, then wash with cloth saturated with warm soapy water. Rinse with warm water and polish with a chamois leather. To keep clean and polished merely rub over with chamois leather. If after some time this does not bring up the desired polish, wash, rinse and polish as mentioned above.

BRASS, NON-LACQUERED, a liquid polish for.

Dissolve 2 level teaspoonfuls of soft soap in ½ pint boiling water. Allow to cool, then add ¼ pint best paraffin. Rub well and polish with a leather.

BRASS POLISH, to make.

Thoroughly dissolve 4 oz. soft soap. Dissolve 1 oz. oxalic acid in a little water and add to the soap. Stir enough sifted powdered bathbrick to give the usual consistency of brass polish. The polish should be kept in an air-tight tin.

BRAWN.

1 pig's head
1 onion
6 cloves
2 bay leaves
1 teaspoonful mixed spice
pepper and salt
1 teaspoonful chopped sage if liked

Well wash the head in salt and water to remove the blood, rub the head with common salt, a little brown sugar, and saltpetre, and leave it for three days, adding a little fresh salt every day. Put it in a stewpan with enough cold water to cover, an onion stuck with cloves and the bay leaves, simmer till quite tender, then remove the bones. Cut the meat up roughly, sprinkle over the mixed spice, sage and plenty of pepper and salt. Skin the tongue, place some of the head in a brawn tin, lay in the tongue, fill with the rest of the head, pour over some of the liquor in which it was cooked, then put away to get cold. Turn it out of the mould when required for use.

The brawn will be improved if two extra tongues are procured and added.

BREAD CUTTING.

New bread may be cut into the thinnest slices by dipping the knife into boiling water first.

BREAD, to detect adulteration in.

Alum is sometimes used in bread to give a pure white colour. This is very harmful because it injures the linings of the stomach

and impairs digestion. Its presence may be detected if a piece of the bread is soaked in ammoniacal tincture of logwood. Pure bread becomes pink; adulterated bread turns blue.

BREAD, BREAKFAST ROLLS.

These rolls must be mixed the night before, near bedtime. Sift 3 quarts of flour into a deep pan, and cut up into it a half-pint cupful (or a quarter of a pound) of fresh butter. Rub the butter with your hands into the flour till thoroughly incorporated, and add a very small teaspoonful of salt. Make a hole in the middle of the flour, and pour in 4 large tablespoonfuls of excellent yeast. Have ready sufficient warm milk; a pint will generally be enough (heated but not boiling), to make it into a light dough. Add the milk gradually; and then knead the dough. Put it into a pan, cover it with a clean thick cloth, and set it in a warm place. Early in the morning, add to the dough a small teaspoonful of pearl-ash, or a large teaspoonful of soda, dissolved in a little warm water. Mix it well in, and knead the dough over again. Then divide it into equal portions, and make each portion into an *oval-shaped* roll. Draw a deep mark along the top-surface of each with a knife. Put them into a hot oven, and bake them brown.

If intended for tea, mix them in the forenoon; and previous to baking, make out the dough into *round cakes*, pricking them with a fork.

BREAD, BROWN.

1¾ lb. household flour	1 teaspoonful sugar
1¾ lb. whole meal	1 oz. salt
1 oz. German yeast	tepid water (about 1½ pints)

Make as for white household bread.

BREAD, DINNER ROLLS.

1 lb. flour	½ oz. castor sugar
1 oz. butter or lard	½ teaspoonful salt
½ oz. yeast	1 gill water or milk (tepid)

Sift the flour into a basin with the salt, rub in the butter or lard, cream the yeast and sugar together, add to it the tepid water or milk, make a well in the centre of the flour, pour in the liquid, mix to a light dough with the hand; knead it and leave to prove for an hour in a warm place, then form into rolls or twists, place them on a greased tin and let them rise for 10 minutes. Brush over with milk or egg and bake in a hot oven for 20 minutes.

BREAD, DRY AND STALE, seven ways of using.

Put all dry pieces of crusts, crumbs, and leavings of the table in a tin pan. When the bread is drawn put it in the oven and let it stand all night. When pounded it is called Rusk Crumbs and is good to eat in milk or in any of the following ways:

1. Take apple sauce, stewed pears or peaches, or any kind of

small berries and mix them with equal quantities of Rusk Crumbs. Prepare an egg custard, making it very sweet. Mix it with the crumbs and fruit, and bake for 20 minutes as a pudding.

2. Make an egg custard, thicken it with Rusk Crumbs, and bake for 20 minutes. Serve with pudding sauce, flavoured with nutmeg (and wine if desired).
3. Take any kind of cold meats, chop them fine with cold ham, or cold salt pork. Season with salt and pepper, and mix in two eggs and a little butter. Mix this up with bread-crumbs or Rusk Crumbs and bake it like a pudding. Or put it in a pan and warm it like hash. Or put it into balls, flatten and fry like forced meat balls.
4. Soak dry bread-crumbs in milk till quite soft. Then beat up three eggs and stir in, and put in sliced and peeled apples, or any kind of berries. Flour a pudding cloth, and tie it up and boil it half or three-quarters of an hour, according to size. This pudding does not swell in boiling. Eat with sauce.
5. Take stale bread and crumble it fine, and mix it with egg and a little milk, and boil it in a large pudding cloth, or put it around small peeled apples, and boil it for dumplings in several smaller cloths.
6. Take bread-crumbs, or Rusk Crumbs, and mix them with eggs and milk, and bake them for griddle cakes. If you have raspberries, blackberries, strawberries, or ripe currants, put them in and thicken with a little flour, so as to make *drop cakes*, and bake them (a large spoonful at a time), on a griddle, as drop cakes. Or put them in muffin rings, and bake them. Serve with butter and sugar, or with pudding sauces.
7. Break it into rather small rough pieces, dip each in sweetened milk quickly, and place on a slightly buttered tin in a cool oven until dry and crisp. Hand with cheese or butter.

BREAD, FRENCH ROLLS.

1 quart lukewarm milk
½ teacupful yeast
1 teaspoonful salt
Flour enough to make a stiff batter

Set it to rise and, when very light, work in 1 egg and 2 spoonfuls of butter, and knead in flour till stiff enough to roll.

Let it rise again, and when very light, roll out, cut in strips, and braid it. Bake 30 minutes on buttered tins.

BREAD, MILK ROLLS.

½ lb. flour
1 oz. butter
1 teaspoonful castor sugar
1 teaspoonful baking powder
½ teaspoonful salt
milk to mix

Mix flour and salt in a basin, rub in the butter lightly, add the

sugar and baking powder, and mix with enough milk to form a dough. Turn the dough on to a floured board, make into fancy shapes, place them on a greased tin, brush over with milk, and bake in a quick oven for 15 minutes.

BREAD PUDDING. *See* PUDDING, BREAD.

BREAD AND BUTTER PUDDING. *See* PUDDING, BREAD AND BUTTER.

BREAD, QUICKLY MADE.

1 lb. flour
2 teaspoonfuls baking powder
1 teaspoonful salt
water or milk to mix

Sift the flour into a basin, add the salt, mix to a soft dough with water or milk; knead lightly on a floured board; form quickly into loaves, and bake in a hot oven for about half an hour.

BREAD SAUCE. *See* SAUCE, BREAD.

BREAD, VIENNA.

1 lb. Vienna flour
½ oz. yeast
1 oz. butter
1 egg
1 teaspoonful sugar
1 teaspoonful salt
½ pint milk

Cream the sugar and yeast together, warm the milk, add with the beaten egg to the yeast. Sift the flour into a basin, add the salt and rub in the butter, mix to a light dough with the milk and yeast; leave to prove in a warm place from 1½ to 2 hours. Form the dough into fancy shapes, brush over with egg; leave on a greased tin in a warm place for 10 minutes. Bake in a quick oven for 20 minutes.

BREAD, WHITE HOUSEHOLD.

3½ lb. flour
1 oz. German yeast
1 oz. salt (small)
1 teaspoonful sugar
tepid water (about 1½ pints)

Put the flour into a warm basin, make a well in the middle of the flour; add the sugar to the yeast, cream them together until liquid, pour it into the well in the middle of the flour; add some water, stir in enough flour from the sides to form a thick batter, sprinkle over with flour and put the salt round the sides; cover with a cloth and put in a warm place for half an hour. This is called setting the sponge. Knead the whole into a firm dough, using more tepid water if required. The pan should be quite clean. Sprinkle in a little flour, replace the dough, cut it across and put it in a warm place for 2 to 3 hours to prove. The dough should swell to more than double the size. When ready turn it on to a floured board, knead again and form into loaves, put them on a warm floured tin, stand in a warm place for 10 minutes, then

bake in a hot oven until they sound hollow when tapped on the bottom.

Note.—To make tepid water use one part boiling to two parts cold.

For loaves baked in tins the dough need not be so stiff.

BREAM, BAKED.

Cut down centre. Thoroughly wash and wipe, fill with veal stuffing and sew up again. Smear over with butter and bake in baking tin for an hour. Serve on hot dish and garnish with lemon and parsley. The skin must be removed when carving.

BREASTS, INFLAMMATION OF.

Symptoms.—The breast becomes swollen and painful and there is slight fever; abscesses may form.

Treatment.—An inflamed breast in a woman after childbirth should be put in a sling and not allowed to hang down. The arm on the affected side should be bandaged to the side. Hot fomentations should be applied constantly and the breast pump used to draw off the milk. If abscesses form they should be opened by a surgeon.

BREASTS, STUBBORN, to relieve.

Make a lotion of ½ oz. camphor dissolved in 2 oz. olive oil. Rub gently upon the affected part.

BREATH, remedy for offensive, or onion tainted.

In case of offensive breath from stomach disorders take 6 drops of concentrated solution of chloride of soda in a wineglassful of pure water immediately after the morning toilet has been made.

If the cause is decayed teeth in addition to stomach disorders, rinse the mouth well with a teaspoonful of the chloride solution in a tumbler of water.

For breath tainted after eating onions, eat a few leaves of parsley dipped in vinegar.

BREWIS, to make.

Here is a good way of using up crust and dry fragments of bread. Soak them for some time in hot milk, mash up and eat with salt.

BRIGHT'S DISEASE.

Causes.—Often results from an acute attack of inflammation of the kidneys, or from over-eating, lead poisoning, gout, or excessive alcohol.

Symptoms.—Comes on slowly. Headache, vomiting, general weakness, swelling of legs and puffiness of eyelids. Sometimes goes on for years. Heart may become enlarged and the persŏn is liable to bleeding into the brain. Dropsy may also occur.

Treatment.—Avoid exposure to cold and, if possible, reside in

a warm climate. If the person has been used to it, alcohol should be taken in moderation only—otherwise it is better left alone. Milk, eggs, fish and chicken should form the principal articles of diet. Meat (mutton in preference to beef) should only be taken in small quantities. Avoid all sudden muscular exertion and strain, as this may lead to hæmorrhage into the brain.

BRIMSTONE AND TREACLE, to make.

Mix together 1½ oz. sulphur, ½ oz. cream of tartar, and ½ lb. treacle. To be taken before breakfast every other day in from a teaspoonful to a dessertspoonful doses.

BRITANNIA METAL, to clean.

Make a paste of 2 tablespoonfuls of sweet oil, ¼ oz. washing soap and 4 oz. powdered whiting. Apply the mixture with a piece of flannel and well rub over the surface. Remove the paste with a clean flannel; then polish with a chamois leather. Or—

Wash first with a woollen cloth and sweet oil, then wash in water and suds. Finally rub with soft leather and whiting.

BROAD BEANS. *See* BEANS, BROAD.

BROCCOLI, to cook.

Cook in the same way as cauliflower.

BROCCOLI, to grow.

Sow late in March, with about three weeks between, for an autumn and winter supply. Varieties planted out in May or June will be ready in the autumn. Sow for succession from April to June and plant out in drills 2 feet apart. Sow in September for a late spring crop.

BROCCOLI, to pickle. *See* PICKLES, CAULIFLOWER.

BROKEN ENGAGEMENTS. *See* ENGAGEMENTS, etiquette to be observed when broken.

BRONCHITIS, to relieve.

The patient should be in bed or sitting up in a warm room. An attack of bronchitis can often be thrown off in a few days if the patient remains indoors and takes care of himself. But going from a warm room out into cold passages or into the open air will keep up bronchitis for weeks and it may become chronic. The bowels should be opened and a quarter to a half teaspoonful of ipecacuanha wine taken three or four times a day. Hot milk will loosen the phlegm and make the cough easier. Use turpentine stupes, mustard poultices on the chest, or rub with hartshorn and oil. Children may be given hot home-made lemonade at bedtime, to which may be added one or two tablespoonfuls of whisky if the patient is an adult. A kettle with a long spout may be kept boiling, so that the steam enters the room and makes the atmosphere

warm and moist. A jug of hot water to which has been added a teaspoonful of Friar's balsam or a few drops of eucalyptus oil should be prepared and the steam from it inhaled.

BRONZE, to restore.

Clean the articles thoroughly and then apply with a cloth a mixture of 1 part muriatic acid, 2 parts water. Polish with sweet oil when dry.

BROOM, to cultivate. *See* CYTISUS.

BROOMS, care of.

Always stand head upwards. Wash in hot soapy water about once a fortnight and hang up until thoroughly dry.

BROTH, CHICKEN.

1 old fowl
1 quart water
1 oz. rice or pearl barley
chopped parsley
salt and pepper

Prepare and draw fowl, unless this has already been done by poulterer. Cut off all the meat and cut up into small pieces. Chop the bones and put all into a stewpan with the water. Simmer gently for two hours or more, then strain and return to the pan with the rice or pearl barley previously washed in a little warm water and soaked in same. When rice or barley is tender, season with salt and pepper. When serving sprinkle over very finely chopped parsley.

BROTH, MUTTON.

2 lb. scrag of mutton
1 quart of water
1 onion
1 carrot
1 turnip
1 stick of celery
1 oz. pearl barley or rice
1 teaspoonful parsley
salt and pepper

(Enough for four people.)

Cut the meat from the bones, chop the bones, put into a stewpan with the water and a little salt, bring to the boil and remove the scum as it rises. Add the vegetables, well cleaned, and simmer for an hour and a half. Strain it and add the rice or pearl barley; the latter must be previously blanched; season well, sprinkle over chopped parsley and serve.

BROTH, SCOTCH.

2 lb. neck mutton
1 quart of water
1 onion
1 carrot
1 turnip
2 oz. pearl barley
bouquet garni
seasoning
1 teaspoonful chopped parsley

(Enough for four people.)

Cut meat up finely, removing fat and skin, chop the bones, add to the water with onion, seasoning, and bouquet garni, and

allow to simmer gently for an hour. Strain and remove bones, return to the saucepan with the blanched barley, carrot and turnip cut in tiny dice, simmer till carrot is tender; put back some of the meat cut in neat pieces. Season and add parsley just before serving.

BROTH, VEAL.

small knuckle veal
3 quarts water
2 onions
4 oz. rice
4 cloves
slice of lemon peel
salt and pepper

(Enough for ten people.)

Wash the veal, put it in a stewpan with the cold water. When it boils remove the scum thoroughly, add a little salt, which causes the scum to rise better. Simmer for an hour and a half, then add the onions stuck with cloves and the rice (which must be well washed) and the lemon peel. Cook again for an hour and a half; remove the vegetables and the knuckle, cut the meat into neat pieces, return to the pan, flavour to taste. Serve the broth with rice and meat in it.

BRUISES, to treat.

Apply cold water bandages and rub the following application on three times a day: 12 grains of iodine mixed with ½ oz. of lard or spermaceti ointment.

BRUNSWICK BLACK, to prepare.

Melt ½ lb. common asphaltum and add to it 1 gill linseed oil and 1 pint oil of turpentine. Thin as required by adding more turpentine.

BRUSHES, HAIR, to clean. *See* HAIR BRUSHES.

BRUSHES, PAINT, the care of.

After use remove the paint and clean the brushes in turpentine. If the brushes are not to be used again for some time wash them also in soda water, rinse in plain water and moisten with linseed oil. To soften brushes that have become hard soak them in equal parts of turpentine and linseed oil and then in warm soda water. Do not allow brushes to rest on the bristles when not in use.

BRUSHES, WHITEWASH, to clean.

Wash off, with cold water, the lime from the bristles of the brush; and scrub well with a hard scrubbing-brush the part where the bristles are fixed into the wood. This should be done at once, as soon as the whitewashing for that day is finished. It is far better than to let them soak all night.

BRUSSELS SPROUTS, to cook.

sprouts.
salt.
carbonate of soda.

Take off the outside leaves of the sprouts and cut across the

stalk, leave to soak in salted water. Place them in boiling water with salt and a pinch of carbonate of soda and cook gently uncovered till tender, drain well in a colander, arrange neatly in a hot vegetable dish.

BRUSSELS SPROUTS, to grow.

Sow the seed thinly during the second week in March and again about the middle of April for a late crop. Plant out in rows about 2 feet apart and allow about 18 inches between each plant. The plants need a good rich soil.

BUGS, to kill.

Where it is possible to make use of it boiling water is quite effective for this purpose. In cases where it is not possible to use boiling water, make an emulsion of either petroleum, or benzine, with soap and apply with either a syringe or brush. To make the emulsion use 2 oz. of soft soap dissolved in ½ pint of hot water, then add 3 pints of petroleum oil, or benzine, stirring all well together until it gives a milky appearance. Dilute with 6 parts of water and force into the cracks with either a syringe or brush, as mentioned above.

If it is not possible to use either the boiling water or the foregoing emulsion, the only other method is to fumigate the room by burning in it, on either on old shovel or some other metal utensil, a mixture of brimstone and saltpetre, taking precautions to see that all possible air has been excluded from the room.

BULBOCODIUM (SPRING MEADOW SAFFRON), to cultivate.

A bulb of the lily tribe, one of the earliest of spring flowers and delightful for its beautiful colour of purplish hue. It should have a place in every spring garden and may be propagated by division in summer.

BULBS, to grow in bowls.

Select bulbs in early autumn; grow in pebbles, shell-gravel, or damp moss, but the most successful medium is cocoanut fibre. This fibre needs to be damped, and enough should be put in each bowl for the bulbs to stand in without touching—overcrowding is a fatal mistake. The bulbs should be placed firmly, with the tips just showing, and more fibre packed round them so that the bowls are nearly full. Some small lumps of charcoal form the best drainage at the bottom of the bowls, and a few pieces amongst the fibre will keep it sweet.

After settling, give a thorough watering. Afterwards water occasionally and with discretion; avoid both over-dryness and soddenness. Keep in a dry cellar or cupboard until some sturdy shoots are formed, and then the transition to light and warmth should be gradual or the plants will become weedy. But once growth is well forward light and air are very necessary.

Water should be given freely until the flowers are fully out—when very little is desirable.

See also CROCUS, to cultivate.

BUNIONS, ointment for.

Add 12 grains of iodine to ½ oz. of spermaceti ointment or lard. Apply the mixture by rubbing three times daily.

BUNIONS, treatment of.

To get rid of bunions successfully the cause must be ascertained and the bunions treated accordingly. If they are due to flat foot, artificial mechanical means should be adopted to produce an arch of the foot. This can be done by wearing suitable plates with the shoes to restore the arch. If the joints are enlarged owing to gout or rheumatism, heed must be paid to the constitutional condition of the sufferer. In any case, wear stockings and shoes of which the inner edges of the soles are perfectly straight.

A simple treatment for bunions is by using the following lotion :

1 oz. acid carbolic
25 oz. warm water

The bunion should be immersed in this solution for about 5 minutes every morning and evening. This should be followed by rinsing in plain warm water. If the bunion is still distended, even after several weeks' continuous treatment, then the best plan is to cut it, when the feet should be kept clean and under antiseptic conditions.

BUNS, BATH.

8 oz. flour
2 oz. castor sugar
2 oz. margarine
1 gill milk
2 oz. peel
1 egg
grated rind of 1 lemon

Heat the milk and mix with it some yeast and 1 tablespoonful sugar, and leave in a warm place for 5 minutes. Add the flour whilst beating and set aside for 30 minutes. Melt the margarine, adding with the egg the remainder of the sugar, and the fruit. Mix into a soft dough and form into the required size. Place on a greased baking tin and bake in a cool oven for 30 minutes. Bake in a hotter oven, gradually increasing the heat, for another 30 minutes. When baked, brush over with 1 tablespoonful of brown sugar, dissolved in warm water, and sprinkle a little sugar on top.

BUNS, CHERRY.

6 oz. flour
2 oz. ground rice
2 oz. butter
2 oz. castor sugar
2 oz. glacé cherries
1 egg
a little milk
½ teaspoonful baking powder

Rub the butter into the flour, add the sugar and cherries, cut in small pieces, keeping back some to decorate the buns. Beat up the egg with a little milk and mix well, adding the baking powder last. Bake in greased patty tins or in heaps on a greased baking sheet; place half a cherry on each bun. Bake from 7 to 10 minutes.

BUNS, CITRON.

½ lb. flour
3 oz. butter
1 oz. rice flour
3 oz. sugar
1 oz. chopped almonds
grated rind of ½ lemon
3 oz. citron
½ teaspoonful baking powder
2 eggs and a little milk

Rub the butter into the flour, add all the dry ingredients, mix to a stiff dough with the beaten eggs and a little milk, form into buns, and bake on a greased baking sheet in a quick oven for 10 minutes.

BUNS, COCOANUT.

½ lb. flour
4 oz. cocoanut
3 oz. castor sugar
3 oz. butter
1 egg
a little milk

Cream the butter and sugar together, add the egg and beat well, then the flour and cocoanut, using a little milk if too stiff. Place in small heaps on a greased baking sheet, using two forks. Bake in a quick oven for 15 minutes.

BUNS, HOT CROSS.

Mix together 1½ oz. yeast, 1 pint milk, ½ lb. sugar, ½ lb. flour, 1 pint hot water, and stand in a warm place until it rises and falls again. Rub ½ lb. butter or lard into 3 lb. of flour, and add 12 drops of essence of spice. Mix the whole together and stand in a warm place until dough rises. Then form into buns and place in flat tins; make the cross with the back of a knife. Make the buns rise by means of steam, and bake in a quick oven for about 5 minutes.

BUNS, LONDON.

½ lb. flour
2 oz. butter or dripping
2 oz. castor sugar
1 oz. candied peel
grated rind of ½ lemon
2 eggs
a little milk
1 teaspoonful baking powder
pinch of salt

Rub the butter or dripping into the flour, add sugar, peel, lemon rind, salt and baking powder. Beat the eggs, keep a little back to glaze the buns, mix to a stiff dough, adding a little milk. Place in heaps on a greased baking sheet, brush over with egg and sprinkle over some roughly-crushed sugar. Bake at once in a quick oven for 15 to 20 minutes.

BUNS, RASPBERRY.

8 oz. flour
2 oz. lard or dripping
2 oz. castor sugar
1 tablespoonful raspberry jam
1 egg
1 gill milk
½ teaspoonful baking powder
pinch of salt

Rub the lard or dripping into the flour, add sugar and baking powder and salt, mix stiffly with the beaten egg and milk. Divide

into buns, place on a greased baking sheet, make a roll in the centre of each, drop in a little jam, cover it over and bake in a quick oven for 15 or 20 minutes.

BUNS, RICE.

2 oz. flour
2 oz. ground rice
2 oz. butter
2 oz. sugar
½ oz. peel or grated lemon rind
1 egg
a little milk

Cream the butter and the sugar together, add the egg and flour and beat well, then add chopped peel or grated lemon rind and a little milk if too stiff. Put mixture into greased patty tins and bake in a moderate oven for about 15 minutes.

BUNS, SEED.

½ lb. flour
2 oz. dripping
½ oz. carraway seeds
2 oz. sugar
½ oz. candied peel
1 egg and a little milk
½ teaspoonful baking powder
pinch of salt

Rub the dripping into the flour, add all the dry ingredients, beat the egg, add a little milk and mix to a very stiff dough. Place in rough heaps on a greased baking sheet. Bake in a quick oven about 15 minutes.

BUNS, STRANGERS.

4 oz. flour
4 oz. ground rice
2 oz. butter or lard
2 oz. sugar
1 oz. currants
1 oz. sultanas
½ oz. peel
1 egg
3 tablespoonfuls milk
1 teaspoonful baking powder
pinch of salt

Rub the lard or butter into the flour, add currants, sultanas, sugar, salt and baking powder, mix thoroughly with the beaten egg and milk, form into buns, and cook for about 15 minutes in a quick oven on a greased baking sheet.

BURNS, plaster for.

Mix whiting in linseed oil and apply to the wound. This will allay the pain and help to renew the skin.

BURNS, treatment for.

When the burn has been slight and the part is red and blistered, flour or ground starch should be dusted thickly over it to exclude the air; lanoline, almond, or castor oil will answer the same purpose. The burn should be covered with a clean handkerchief and protected from injury.

When the burns are deep, the clothes must be removed very carefully, and if possible the patient put in a hot bath to do this. The burn should be bathed in Condy's fluid, boric acid, or any antiseptic, and stupes of lint smeared with boric ointment applied.

The patient should be put to bed and covered with blankets, and hot-water bottles put to the feet, and he should be given either stimulants or strong tea or coffee.

BURNS AND SCALDS, to heal.

Mix together 1 pennyworth each of linseed oil and limewater. Apply to the burns daily on soft linen until the scar is healed.

BURNS AND SCALDS, to treat.

If white of egg be poured over the wound, inflammation will be prevented and the pain alleviated.

BURNS FROM ACIDS, to treat.

Wash immediately with lime-water, carbonate of soda and water, whiting and water, or chalk and water. Failing these, use old mortar and water. Then apply the mixture of chalk and oil.

BURNS FROM LIME, to treat.

After bathing with vinegar and water, apply chalk which has been mixed with linseed oil to a thin paste. Renew the treatment at intervals.

BURNT DISHES, china, enamel, etc., to clean.

Rub them with a damp cloth sprinkled with salt.

BUTTER, to colour.

Take 2 large carrots and clean thoroughly. Scrape off the yellow exterior, leaving the white pith. Soak the yellow part in boiling milk for 10 or 15 minutes and strain boiling hot into the cream.

BUTTER, to preserve in hot weather.

Place the butter in a basin which stands in a larger vessel of cold water, containing saltpetre. Cover with a piece of damp muslin, the ends of which should be allowed to hang in the water.

Here is another very simple method. Put the butter (or lard) in an inverted unglazed flower-pot which is placed in a soup plate containing water. Cover with a wet cloth which is large enough to rest in the water.

BUTTER, to store.

Work ½ oz. salt, ½ oz. saltpetre and ½ oz. castor sugar into each pound of butter which should then be pressed into a jar and covered with a piece of calico. Add a further layer of salt, then another piece of calico, and finally the lid. This will prevent the admission of air.

BUTTER, MELTED.

1½ oz. butter	½ pint water
1 oz. flour	salt and pepper

Make as white sauce, season with salt and pepper. Served as a plain savoury sauce for fish, boiled meats and vegetables.

BUTTER, RANCID, to sweeten.

Add 15 drops chloride of lime to a pint of cold water and thoroughly wash the butter with the solution. Then well wash with cold water. Or—

Wash first in good new milk and afterwards in cold spring water.

BUTTER, SALT, to freshen.

By churning each pound of salt butter with 1 quart of new milk it may be made fresh.

BUTTERSCOTCH.

½ lb. brown sugar
1 gill water
vanilla
1 teaspoonful vinegar
½ oz. butter

Place all the ingredients except the vanilla into a pan and boil for 20 minutes. Remove from the fire and add the vanilla. Pour into buttered tins.

CABBAGE, to boil.

1 or 2 cabbages
pinch carbonate of soda
salt

Remove the outside leaves, cut in half and across the stalk, soak in salt and water for an hour. Put into a saucepan with boiling water to which has been added salt and a pinch of carbonate of soda. Boil rapidly uncovered, skim occasionally. When tender drain in a colander, press out all the water, put in a hot vegetable dish and cut across in squares.

To prevent the smell rising when the cabbage is boiling put in a crust of bread.

CABBAGES, to grow.

Sow seed in July and again in August for the spring crop. The seed should be thinly sown in rows about 8 inches apart and 1 inch deep, and transplanted at distances of 15 inches between the plants and 20 inches between the rows. Sow in April and May for summer supply and in May and early June for autumn crops. Savoys and winter cabbage should be sown at the end of May and in the first two weeks in June. Red cabbages may be raised from seed sown in March. Give cabbages plenty of manure and plant in good soil.

CAKE, a hint for making.

One egg and a tablespoonful of vinegar will serve the place of two eggs.

CAKE, ALMOND.

6 oz. flour
6 oz. castor sugar
6 oz. butter
4 oz. ground almonds
4 eggs
grated rind of 1 lemon

Cream the butter and sugar well together; add the sifted flour

and eggs alternately; well beat the mixture; add the ground almonds and lemon rind and pour into a tin lined with buttered paper. Bake in a moderate oven for about an hour.

CAKE, CHERRY.

½ lb. flour
4 oz. butter
4 oz. castor sugar
3 oz. glacé cherries
3 eggs
½ teaspoonful baking powder
grated rind of 1 lemon
little milk

Cream the butter and sugar well together, sift in the flour and add the eggs alternately, beating well between each addition, add the cherries cut in quarters, grated lemon rind, milk and lastly the baking powder. Put the mixture in a tin lined with buttered paper and bake in a moderate oven for about 1¼ hours.

CAKE, CHERRY GINGER.

10 oz. flour
3 oz. glacé cherries
3 oz. crystallized ginger
1 teaspoonful cream of tartar
½ flat teaspoonful carbonate of soda
½ flat teaspoonful ground ginger
6 oz. margarine
6 oz. sugar
2 eggs
milk

Mix flour, tartar, soda and ginger together in a basin. Cream the fat and sugar together. Add eggs and stir quickly and beat well. Then stir in flour and prepared fruit with milk as required—not too moist. Bake for 1¼ hours in moderate oven.

CAKE, CHOCOLATE.

6 oz. flour
6 oz. chocolate powder
6 oz. sugar
4 oz. butter
4 eggs
½ teaspoonful baking powder
vanilla essence

Cream the butter and sugar together, sift in the flour and chocolate powder alternately with the eggs, beating well, add the vanilla essence and lastly the baking powder. Bake in flat sandwich tin in a hot oven for about half an hour. When cold cut open, spread with jam or chocolate filling, and ice with chocolate icing and sprinkle with chopped pistachio nuts.

Note.—This cake can be baked in a cake tin and iced if preferred.

CAKE, CORNFLOUR.

4 oz. cornflour
2 oz. flour
2 oz. butter
4 oz. sugar
2 eggs
grated rind of ½ lemon
½ teaspoonful baking powder

Cream the butter and sugar well together, add the flour and cornflour and eggs alternately, beating well, and lastly the lemon peel and baking powder. Pour into a tin lined with buttered paper and bake in a moderate oven from half to three-quarters of an hour.

CAKE, CHRISTMAS.

1 lb. flour
12 oz. lard
12 oz. sugar
¼ lb. ground or chopped almonds
½ lb. sultanas
½ lb. raisins (stoned)
¾ lb. currants
milk
¼ lb. glacé cherries
¼ lb. candied peel
grated rind of 1 lemon
½ nutmeg grated
pinch of salt
1 teaspoonful baking powder
4 eggs
1 wineglassful brandy

Mix flour, salt, baking powder. Rub in the lard. Add all the dry ingredients after cleaning and picking the stalks from the currants and sultanas, cutting the cherries in halves and shredding the candied peel. Mix well. Thoroughly whisk the eggs and gradually add the brandy to them: then stir into the eggs and brandy about 1 gill of milk. Moisten the cake mixture with this. Put mixture into a well-greased and lined cake tin. Place in a hot oven for the first 20 minutes. Then lessen the heat slightly and allow the cake to cook for about 3 to 3½ hours longer, lessening the heat still further about an hour before the cake is cooked. If the top of the cake is found to be sufficiently brown before the cake is cooked, cover the top with a piece of greaseproof paper.

Note.—This cake improves by keeping, and should be made at the beginning of December. A day or so before it is required cover the cake with a layer of almond paste about 1 inch thick and then coat with Royal Icing. For these recipes see ALMOND PASTE and ICING, ROYAL. Decorate the top of the cake according to taste.

CAKE, DOUGH.

2½ lb. flour
¾ oz. yeast
½ lb. castor sugar
1½ lb. currants
6 oz. butter
2 oz. candied peel
2 eggs
½ nutmeg
1 dessertspoonful brandy
pinch of salt

Rub the butter into the flour, cream the yeast with a little sugar, mix to a dough, using a little tepid water; allow it to rise for 3 or 4 hours. When well risen beat in the other ingredients. Put into a well-buttered quartern tin or two half-quartern tins and prove for 20 minutes. Bake for about 2 hours in a moderate oven.

CAKE, GENOA.

¾ lb. flour
½ lb. butter
½ lb. sugar
½ lb. sultanas
2 oz. almonds
3 oz. mixed peel
grated rind of 1 lemon
5 eggs

Cream the butter and sugar together, beat in the eggs and flour alternately, then the sultanas, peel and grated lemon rind. Pour the mixture into a tin lined with buttered paper. Blanch and split the almonds, and sprinkle them on the top. Bake in a moderate oven for 2½ hours.

CAKE, GINGER.

12 oz. flour
6 oz. sugar
4 oz. preserved ginger
pinch of salt
½ gill ginger syrup
½ gill milk
2 eggs
6 oz. butter, lard or margarine
1 teaspoonful baking powder

Mix the flour, sugar, salt and baking powder. Rub in the fat. Add nearly all the preserved ginger chopped finely. Thoroughly whisk the eggs and then add to them the milk and ginger syrup, stirring well. Pour the eggs, milk and ginger syrup gradually into the cake mixture, beating well. Pour the mixture into a tin lined with buttered paper and decorate the top with the remainder of the preserved ginger cut into small pieces or thin slices. Sprinkle a little castor sugar over and bake in a moderate oven for an hour.

CAKE, LEMON.

7 oz. flour
8 oz. sugar
6 eggs
grated rind of 1 lemon (2 if small)

Beat the yolks of the eggs and the sugar well together, whisk the whites very stiffly and add it very lightly to the yolks and sugar. Then stir in gradually the sifted flour and grated lemon rind, pour into a tin prepared as for sponge cake and bake in a moderate oven for about an hour.

CAKE, LUNCHEON.

1 lb. flour
¾ lb. butter
¾ lb. castor sugar
¼ lb. peel
½ lb. sultanas
½ lb. currants
5 eggs
pinch of salt
little milk if required

Cream the butter and sugar well together, add the eggs and flour alternately, beating well between each addition; add the fruit and a little milk if the mixture is too stiff. Pour the mixture into a tin lined with buttered paper, and bake in a hot oven from 2 to 2½ hours.

CAKE, MADEIRA.

8 oz. flour
5 oz. fresh butter
5 oz. castor sugar
citron or lemon peel
4 eggs

Cream the butter and sugar well together, sift the flour and add it alternately with the eggs, beating well. Pour the mixture into a tin lined with buttered paper, sprinkle a little castor sugar on the top and place on two pieces of citron. Bake in a moderate oven.

CAKE, ORANGE.

½ lb. flour
3 oz. butter
3 oz. castor sugar
1 teaspoonful baking powder
grated rind of 1 orange (2 if small)
3 eggs

Cream the butter and sugar, add the eggs and sifted flour

alternately, beat well, add the orange rind and lastly the baking powder. Pour the mixture into a tin lined with buttered paper and bake in a moderate oven for about an hour.

Note.—This cake can be iced with an icing made of ½ lb. icing sugar mixed with orange juice and sprinkled with blanched and chopped pistachio nuts.

CAKE, PLUM.

1½ lb. flour
¾ lb. sugar
½ lb. butter
¾ lb. currants
½ lb. sultanas
4 oz. candied peel
1½ teaspoonfuls baking powder
pinch of salt
grated rind of 1 lemon
3 eggs
about ½ pint milk

Rub the butter into the flour, add all the dry ingredients, mix with the beaten eggs and milk, beat quickly and pour the mixture into a tin lined with greased paper and bake in a fairly quick oven for 1½ hours.

CAKE, POUND.

1¼ lb. flour
1 lb. butter
1 lb. sugar
1 lb. sultanas
grated rind of ½ lemon
2 oz. candied peel
pinch of salt
8 eggs

Cream the butter and sugar well together, add the eggs and flour alternately, beating well, then add the prepared fruit and grated lemon peel. Line the tin with paper, pour in the mixture and bake in a hot oven for about 3 hours.

Note.—There is no need to butter the paper to line the tin, as the quantity in the cake is large and makes it unnecessary.

CAKE, RICE.

5 oz. flour
3 oz. crême de riz.
½ lb. butter
½ lb. castor sugar
5 eggs
4 drops essence of almonds
½ teaspoonful essence of vanilla
½ teaspoonful baking powder

Cream the butter and sugar together, add the eggs and flour alternately, beating well all the time, add the flavourings and lastly the baking powder. Pour the mixture into a tin lined with buttered paper and bake in a moderate oven for about 1½ hours.

Note.—This mixture is very suitable for small cakes baked in fancy-shaped moulds.

CAKE, SAND.

¼ lb. butter
¼ lb. castor sugar
¼ lb. cornflour
3 eggs
2 oz. flour
pinch of baking powder

Cream the butter and sugar together. Add alternately the flour, cornflour and eggs. Beat well. Add baking powder last. Bake for half an hour.

CAKE, SEED.

¾ lb. flour
4 oz. dripping
4 oz. sugar
1 oz. peel
pinch of salt
1 oz. carraway seeds
1 egg
¼ teaspoonful spice
2 teaspoonfuls baking powder
1 gill milk

Rub the dripping into the flour, add the sugar, carraways, peel and spice, mix with the beaten egg and milk, using a little more milk if required, lastly stir in the baking powder. Bake in a moderate oven from 1½ to 2 hours.

CAKE, SIMNEL.

8 oz. flour
6 oz. lard
6 oz. castor sugar
1 teaspoonful baking powder
½ teaspoonful grated nutmeg
pinch of salt
grated rind of 1 lemon
¼ lb. sultanas
¼ lb. currants
¼ lb. raisins (seeded)
2 oz. candied peel
4 eggs

Almond paste in accordance with recipe given for this. Sufficient almond paste should be available to permit of a layer about half an inch thick through the middle of the cake and another one about an inch thick on the top.

Cream the butter and sugar, add the lemon rind and then the eggs one by one, well beating after each is added. When three of them have been beaten in, add a little of the flour. Add the remaining egg, then gradually mix in the rest of the flour to which should have been previously added the salt, baking powder and nutmeg, and lastly the fruit, well-cleaned and the peel shredded. Well grease and line the cake tin and put in about half of the mixture, levelling the top and putting on it a layer of almond paste about half an inch thick : put the rest of the mixture in on top of the almond paste and bake in a moderate oven for about 3 hours. When nearly cooked remove cake from oven and cover the top with a layer of almond paste about an inch thick, mark out the almond paste with a knife into squares, brush over with white of egg, or milk. Return cake to oven to finish cooking.

Another method of decorating the top of this cake is to leave the cake in the oven until completely cooked. Then place around the top edge a ring of the almond paste, drawing a fork around it. Make some almond paste into little balls and place these on the ring of paste around the cake, decorating each with half a crystallized cherry. Put into the oven, or under a grill, to brown the edges of the paste.

CAKE, SPONGE. (No. 1.)

4 eggs
5 oz. castor sugar
5 oz. flour
grated rind of 1 lemon

Whisk the eggs and sugar together in a warm place for 10 minutes, remove to a cooler place and beat for another 10 minutes. Sift the flour in very lightly, add the lemon rind; well butter a cake

tin, sift out twice first with a coating of sugar, then a coating of flour; pour in the mixture, tie a border of paper round the outside of the tin, and bake in a slow oven for 1¼ hours.

CAKE, SPONGE. (No. 2.)

1 cupful of flour
¾ cupful of sugar
2 oz. margarine or butter
2 eggs
½ teaspoonful cream of tartar
½ teaspoonful carbonate of soda

Beat butter with sugar and eggs, and mix flour and cream of tartar and soda, and bake in hot oven.

CAKE, SULTANA.

1 lb. flour
12 oz. butter
12 oz. sugar
1 lb. sultanas
3 oz. candied peel
pinch of salt
6 eggs

Cream the butter and the sugar well together, add the eggs and sift in the flour alternately, beating well between each addition. Pour mixture into a tin lined with buttered paper, and bake in a hot oven for 2½ hours.

CAKE, VICTORIA.

½ lb. flour
½ lb. ground rice
½ lb. butter
½ lb. castor sugar
½ lb. sultanas
3 eggs
1 teaspoonful baking powder
rind of 1 lemon
little milk

Cream the butter and sugar, add the eggs and flour alternately, then the fruit and flavouring, lastly the baking powder and milk if required. Beat well. Bake in a tin lined with buttered paper in a fairly quick oven for about 1½ hours.

CAKE, VICTORIA SANDWICH.

3 eggs
weight of 3 eggs in sugar
weight of 2 eggs in flour
1 oz. butter
½ teaspoonful baking powder
jam

Whisk the eggs, sugar and butter well together in a basin placed over a saucepan of boiling water for 5 minutes, remove the basin and beat for 10 minutes, stir the flour in lightly and add lastly the baking powder. Divide the mixture in two and bake in sandwich tins lined with buttered paper in a quick oven for about 15 minutes, spread with jam, place them together, and sprinkle with castor sugar.

CAKE, WALNUT.

8 oz. flour
6 oz. butter
6 oz. sugar
3 eggs
1 teaspoonful baking powder
3 oz. walnuts
3 oz. fresh butter
6 oz. icing sugar
vanilla essence
fondant icing

Cream the butter and sugar together until white, add eggs and sifted flour alternately, beating well, add the baking powder. Put the mixture in two shallow tins lined with buttered paper; bake

in a moderate oven from half to three-quarters of an hour. When the cakes are cold put them together with a layer of walnut filling between. To make the filling beat the fresh butter and icing sugar (sieved) to a cream, add the chopped walnuts and vanilla essence. Ice with fondant icing and decorate with walnuts.

Note.—A few walnuts finely chopped can be added to the cake mixture if liked.

CAKE, WEDDING.

1½ lb. flour	½ lb. French plums
1½ lb. butter	1 lb. citron peel
1½ lb. sugar	pinch of salt
2 lb. currants	10 eggs
1 lb. sultanas	1 gill noyeau
½ lb. cherries	1½ gills brandy
¾ lb. almonds	little caramel

Cream the butter and sugar together until it is quite white, beat in the eggs and flour (sifted) alternately, add the fruit very carefully prepared and the brandy and noyeau; colour the mixture a pale brown with the caramel; pour the mixture into a tin lined with several thicknesses of buttered paper. Bake in a hot oven at first and cooler afterwards for about 7 or 8 hours.

Note.—It is a good plan to put a thick layer of sand in the bottom of the oven to prevent the cake burning underneath, also to tie a thick layer of brown paper round the outside of the tin.

Three times the above quantity will make a large wedding cake of three tiers, and about 15 lb. of almond icing will be required.

CAKE, YORKSHIRE SANDWICH.

2 eggs	ground rice
their weight in butter	1 teaspoonful baking powder
sugar	pinch of salt
flour	jam

Cream the butter and sugar, beat in the eggs and flour alternately, add the baking powder; bake in two sandwich tins lined with buttered paper in a moderate oven for about a quarter of an hour. When cold spread with jam or lemon curd mixture and place them together. Sprinkle with castor sugar.

CAKES, the mixing of.

Cakes are improved if the currants, sugar and flour are heated before using.

CAKES, ALMOND FINGERS.

¼ lb. flour	1 egg
¼ lb. ground almonds	1 oz. sweet almonds
¼ lb. castor sugar	

Mix flour, sugar and ground almonds together; add beaten yolk of egg; mix in the white of egg beaten stiff. Roll out and cut into

fingers, brush with egg and sprinkle with sweet almonds chopped fine. Bake in moderate oven for 20 minutes.

CAKES, LEMON CHEESE.

½ lb. loaf sugar
2 oz. butter
2 oz. grated biscuits
yolks of 3 eggs
whites of 2 eggs
juice of 2 or 3 lemons
grated rind of 1 lemon
short, flaky or puff pastry

Put the sugar, grated biscuit, butter, grated lemon rind and lemon juice into a saucepan and melt all together; when a little cool stir in slowly the beaten eggs; cook slowly until it thickens, stirring occasionally. Line the patty tins with pastry, fill with the mixture and bake in a quick oven from 15 to 20 minutes.

Note.—A double saucepan is best for making the lemon curd mixture, and it will keep some time if tied down in a jar.

CAKES, QUEEN.

6 oz. flour
4 oz. butter
4 oz. sugar
2 oz. currants
1 oz. citron
grated rind of lemon
3 eggs
pinch of salt

Cream the butter and sugar together, add the eggs and sift in flour alternately and beat well; add the chopped citron, lemon rind and currants and salt and mix well. Put in well-buttered queen cake tins and bake from 15 to 20 minutes.

CAKES, ROCK.

½ lb. flour
3 oz. dripping
3 oz. sugar
3 oz. currants
1 oz. peel
1 egg and a little milk
1 teaspoonful baking powder
pinch of salt

Rub the dripping into the flour; add all the dry ingredients. Beat up the egg with a little milk and mix to a very stiff dough. Place in rough heaps on a greased baking sheet and bake in a quick oven about 15 to 20 minutes.

CAKES, ROSE.

4 oz. flour
4 oz. ground rice
6 oz. sugar
4 oz. butter
4 eggs
2 teaspoonfuls rose water
½ teaspoonful baking powder
carmine colouring

Cream the butter and sugar well together, sift in the flour and ground rice alternately, adding eggs, and beat lightly; add the rose water and baking powder and colour a pretty pink with carmine. Put mixture in buttered patty tins and bake in a quick oven from 10 to 15 minutes. Ice with water icing and decorate with cherries.

CAKES, ROUT.

1 lb. ground almonds
1 lb. icing sugar
1 or 2 eggs
little brandy or sherry
colourings
angelica
almonds

Mix the ground almonds and icing sugar together, add the beaten eggs and a little brandy or sherry till the mixture is the right consistency to form into shapes; divide and colour one part green, one part pink, and leave part uncoloured; form into apples, pears, cherries, potatoes, etc. A great variety can be made by taking the real vegetable or fruit as a model. For example, to make a potato, use the uncoloured paste and make a good shape and toss in chocolate powder.

CAKES, YEAST TEA.

1 lb. flour
2 oz. lard or butter
½ oz. yeast
1 egg
1 teaspoonful castor sugar
½ teaspoonful salt
about 1½ gills tepid milk

Rub the lard into the flour, add the salt, cream the yeast with the sugar and add the beaten egg and tepid milk, knead when well mixed into a dough, set to prove for an hour in a warm place; divide the dough and form into round cakes. Place on a floured tin and allow to prove for 10 minutes, then bake in a quick oven for 15 minutes. Glaze with milk or beaten egg.

CALCEOLARIA, to cultivate.

The shrubby variety make effective summer bedding plants; the herbaceous kind are better suited for the green-house. Both kinds need plenty of leaf-mould in the soil and abundant watering. Propagation of shrubby calceolarias is by cuttings made during August and kept in a cold frame for the winter. For herbaceous species propagation may be by seed sown in a cool house in May or June, in pots or pans filled with a rich porous soil, or by separation of the stool.

CALF'S FOOT JELLY. *See* JELLY, CALF'S FOOT.

CALF'S HEAD, to boil.

Half a calf's head or a whole one
bacon
lemon
salt
vegetables and herbs to flavour
peppercorns
parsley sauce

(Enough for seven or eight people.)

Thoroughly wash the head and let it soak in cold water. Put it in a saucepan with enough cold water to cover. When it boils, add a little salt and remove the scum as it rises; add the vegetables, herbs and peppercorns; simmer gently from 2 to 3 hours till perfectly

tender. The brains must be removed and soaked, then tied in muslin and boiled. Take out the head, remove all the bones and the tongue, place the head on a hot dish, coat well with parsley sauce, garnish with the skinned and sliced tongue, chopped brains, bacon fried and cut into dice, quarters of lemon and parsley.

CALF'S LIVER, to stew.

½ lb. calf's liver	2 onions
1 oz. butter or dripping	1 apple
1 oz. flour	1 potato
½ pint stock or water	salt and pepper

(Enough for three or four people.)

Melt the butter or dripping in a stewpan; dip the liver, cut in small pieces in seasoned flour and fry a nice brown; take out the liver and brown the remainder of the flour. Add the stock gradually and stir till it boils; return the liver to the sauce and the vegetables cut neatly; simmer gently for an hour, season and serve very hot.

CALIFORNIAN BLUEBELL, to cultivate. *See* NEMOPHILA.

CALIFORNIAN POPPY, to cultivate. *See* ESCHSCHOLZIA.

CALLIOPSIS (COREOPSIS), to cultivate.

A very general favourite, comprising a large variety, some of which are perennials, though it is probably wiser to treat all as annuals. The plants are among the showiest of summer flowers and are quite hardy. Seed should be sown early in April, in the place where intended to bloom, and by successive sowings the flowers may be had continuously from July to October. Any good catalogue of seeds will supply the names of various sorts, but perhaps that designated *Grandiflora* bears the finest and largest flowers.

CAMELLIA, to cultivate.

Although the camellia may be considered as essentially a greenhouse plant, it has been found by experience that it will thrive in the open in the Isle of Wight and in Cornwall, and in protected positions in our southern home counties. Its weakness consists in its inability to bear exposure to wind and in its stems and roots being susceptible to frost. But if its roots be protected by a covering of litter and its stems wrapped round with a hayband, it will endure the ordinary frosts of our climate so long as it is sheltered from the full blast of the wind. Of course some varieties are more suitable for outdoor culture than others, among which may be mentioned Duke of Devonshire, Lady Hume's Blush, and Countess of Orkney. It may be raised from seed by sowing in heat early in spring, the seedlings being pricked out as soon as they can be conveniently handled.

CAMOMILE TEA, to make.

Put ½ oz. camomile flowers into a pint of boiling water and let it simmer for 15 minutes; then strain. When warm it may be used

as an emetic, and when cold as a tonic. Take from a wineglassful to a breakfastcupful.

CAMPANULA (HAREBELL, CANTERBURY BELL), to cultivate.

These make splendid border perennials, and though hardy enough to be sown in the open in summer finer specimens may be obtained by sowing the seed in March or April in a frame. As soon as these seedlings are large enough to be handled they may be pricked out into some shady place in the open, and if nurtured carefully and well watered they should be strong plants by the following October, when they may be transplanted to the flower border to bloom the next year.

CAMPION, to cultivate. *See* LYCHNIS.

CAMPHOR, uses of.

1. Externally, dissolved in oil (then called camphorated oil) it is very effective as an embrocation and for rheumatic pains. It is also useful for chilblains, bruises, etc.

2. Externally, as a powder, it is used for sprinkling on ulcers before the usual dressing is put on.

3. Mixed with opium and bark, it is very effective in putting a stop to the growth and progress of gangrene and ulcers.

4. Internally, unless great care is taken, it is apt to induce nausea and very frequently vomiting. This is especially the case if it is taken internally in other than a liquid form.

5. Internally, as a stimulant, it is very effective in fighting a bad sore throat, or in bad attacks of measles, certain fevers and smallpox.

6. Internally, in conjunction with senna, it is used to counteract the effects of drastic purgatives and the nausea resulting from squills.

7. In cases of toothache caused by a hollow tooth if a small piece of cotton-wool is thoroughly saturated with camphor dissolved in oil of turpentine and then placed in the hollow tooth, this will almost immediately relieve the pain.

Note.—An overdose of camphor, given internally, acts as a poison. If an overdose has been taken the best antidote which can be given is opium.

CANDIED PEEL, to make.

Take the rinds of sound young fruit, cut lengthways in halves, remove pulp, boil in water until quite soft, and suspend in a strong cold syrup until semi-transparent. Then dry slowly in the oven. This method applies equally for lemon, orange or citron peel.

CANDLES, to make them burn slowly.

If some finely powdered salt is placed on a candle up to the black part of the wick it will give a faint light and last the whole night. Useful for the sick-room.

CANDLES, to purchase and store.

If possible, purchase in fairly large quantities during the winter months and store in a cool place.

CANDLES, to save.

Hold each candle by the wick and give it a coating of white varnish; allow to dry and harden. This will prevent grease running to waste and will considerably increase the life of the candle.

CANDYTUFT, to cultivate. *See* IBERIS.

CANNABIS (INDIAN HEMP), to cultivate.

A hardy annual and a fine foliage plant—one which deserves attention from the fact that it will thrive in a suburban or town garden. It may be grown from seed sown in the open in April, but to obtain a large-sized plant it is advisable to sow in a frame and transplant.

CANTERBURY BELL, to cultivate. *See* CAMPANULA.

CANTHARIDES, TINCTURE OF, to prepare.

Add 1 oz. proof spirit to every dram of powdered cantharides, and allow to stand for one week.

CAPE JESSAMINE, to cultivate. *See* GARDENIA.

CAPERS, to preserve.

Half fill a bottle with capers and pour over some cold scalded vinegar. Cork tightly.

CAPER SAUCE. *See* SAUCE, CAPER.

CAPSICUM, to propagate.

Sow seed in a hotbed in March or April and plant out in a sunny spot in May or early in June at a distance of a foot. The pods will be ready for use from July to September.

CARBOLIC.

This is a strong disinfectant and poison—especially in its fluid form. Great care should be taken to label any bottle containing this fluid, so that it may not be mistaken for medicine. Carbolic powder is the safer form for household use.

CARBUNCLE.

Causes.—Debility, anæmia, diabetes, gout, or infection of an area of the skin with microbes.

Symptoms.—A carbuncle starts as a hard, painful swelling. The skin becomes red and hot; blisters form on the surface, then burst and allow the contents of the carbuncle to discharge. The

constitutional symptoms may be severe and blood-poisoning may supervene.

Treatment.—Good food and a fair amount of stimulants. A teaspoonful of Parrish's food in water three times a day after food. The affected part should be fomented constantly. In bad cases, where blood-poisoning is likely to supervene, it may be necessary to operate.

CARDS, CALLING AND CARD-LEAVING.

Much of the formality connected with calling and card-leaving disappeared when the Great War changed many conditions of social life and etiquette, and the younger generation especially has to a great extent gaily dispensed with such conventional customs, but in some circles the acknowledged etiquette of calling and leaving cards is still followed, so it is well to know the rules.

A lady's visiting-card should be printed in quite plain lettering from a plate. It is much the same size, or very little larger, than those used by gentlemen. Ornamental or old English lettering is at present out of date, but a high-class stationer will always advise as to the correct vogue of the moment.

A widow should have her visiting-card printed the same as during her husband's lifetime, not use her own Christian name before the surname.

Unmarried Girls of the present day have their own social circle and use their own visiting-cards when, not accompanied by their mother, they call upon friends, leaving one card in the hall at the conclusion of a first visit. Afterwards it is not necessary unless the friend is not at home, when they would merely leave a card.

Unmarried daughters calling with their mother do not use their own cards. Their names may be either written or engraved on the mother's card, beneath her name. A married or widowed daughter living with her parents acts independently, following the respective rules for wives and widows.

When a girl visiting away from home calls upon any friend who is unknown to her hostess, she either uses her own card or one of her mother's, which also bears her own name, in the latter case drawing a line through her mother's name.

An unmarried girl staying with a friend and paying calls with her hostess upon the latter's friends has her name written in beneath that of her hostess instead of using her own cards.

Cards left upon friends staying at an hotel or boarding-house may have the name of the person for whom they are intended pencilled upon them to avoid any mistakes in delivery, but this should never be done when they are left at a private residence.

In addition to sending a prompt reply to invitations, whether accepted or not, for any entertainments, such as balls, dances, garden parties, private theatricals, dinners, receptions, etc., the lady invited should leave cards upon the hostess the day following the affair, but it is not an occasion for a personal call.

When a lady makes a strictly business or professional call upon either a lady or gentleman, she may give her card—preferably a

business or professional one—to the servant who opens the door. This rule also applies in the case of one lady calling upon another, who is a stranger to her, upon such matters as asking for a servant's reference, or collecting money or enlisting helpers in some charitable cause.

Inquiries by Card.—Inquiries made during illness by cards left upon the invalid should have some written message such as: "With kind inquiries after Mrs. B.," or "To inquire after Mrs. A.," or "With sincere wishes for a speedy recovery," and so forth, according to the degree of intimacy between inquirer and invalid. Flowers or fruit may be left with the cards.

Calling upon an Invalid.—Should personal calls be paid when there is a trained nurse in attendance, it is a breach of etiquette to question her authority or wishes in any way concerning the invalid's welfare, and when visiting at a nursing home or hospital all rules and regulations should be deferred to unquestioningly.

Not at Home!—Unless it is her "At Home" day, a lady not wishing to receive any callers is privileged to tell her servants that she is "not at home." This is merely a formal phrase and its literal truth is not considered.

On being told that the lady of the house is "not at home," a caller should not attempt any questioning or denial of the statement—even though she has caught a glimpse of the lady in question!—and sensitive folks need not feel hurt on such occasions, though it is certainly better for the maid to have instructions beforehand, so that she does not have to go away and inquire whether her mistress is "at home" or not, and it is kinder to see people if possible.

Should a maid merely say that her mistress is out or words to that effect, without using the "not at home" formula, it is permissible for the caller to ask when she may be expected back.

Should a caller be told that the lady she wishes to see is in, but very busy or dressing for dinner or just going out, the question of whether she still presses for the interview or not must be decided by the urgency of her reason for wishing it being weighed against a right amount of consideration for her friend. If she stays, she should make her call a brief one.

A gentleman's card is printed in small, neat lettering devoid of any ornamentation. If he has a title it precedes the name: "Lord Hugh Blank," or if he be plain "Mr.," it will be printed "Mr. H. Blank." Any letters which he may be entitled to use after his name do not appear on the card.

As in the case of ladies, a gentleman leaves cards upon a host and hostess after receiving an invitation, whether he accepts it or not.

CARNATIONS, to propagate.

Sow seeds an inch apart during April or May, in pots of two parts loam and one part cow manure. A little bonemeal and old mortar rubble may also be added. Plant out 10 to 15 inches apart

when there are five or six leaves, protecting them from frost during winter. They will be in flower the following summer.

Propagation is also by layers and cuttings struck in a frame in January.

Plant in a compost of two parts turfy loam and one part rotted leaf-mould and coarse sand.

Pinks require similar cultivation.

CARPETS, to freshen. (No. 1.)

Take some old newspapers and soak them, then tear into small pieces and roll into small balls. Scatter these over the carpet and brush well with a stiff broom at least once each day. This is a splendid way of freshening the colours of a carpet.

CARPETS, to freshen. (No. 2.)

Carpets can be made to look bright and fresh by first sweeping well with a good stiff brush, then getting half a pailful of hot water, to which add a tablespoonful of powdered borax, and a wineglassful of liquid ammonia. Wring a cloth slightly out of this, and well rub a small portion of the carpet at a time; then dry with a soft cloth.

CARPETS, to join.

Match the patterns and reverse the carpet. Then buttonhole firmly each edge with flax thread.

CARPETS, to remove grease from.

Into a pint of hot water put a tablespoonful of ammonia and scrub the grease spots with a clean brush. Rub dry with a clean cloth. Make a paste of Fuller's earth and cold water; lay over the stains and leave until dry; then brush off. This process may have to be repeated if the carpet is very old.

CARPETS, to restore the colour to.

A faded carpet may be restored as follows: Add ½ pint fresh ox-gall (from any butcher) to 1½ pints warm water. Treat about a square yard of the carpet at a time by rubbing with a leather which had been dipped in this mixture and then rung out. Very dirty spots should be scrubbed. Wash with cold water and rub as dry as possible. Open the door and windows to help the drying and to get rid of any smell that may arise from the ox-gall.

CARPET SOAP, to make.

Stir 1 oz. finely cut-up soap into 1 pint boiling water and add 2 tablespoonfuls of ammonia. Use with a soft scrubbing brush.

CARROTS, to boil.

young carrots
butter
chopped parsley
salt and pepper

Prepare the carrots, boil them in water with salt or in stock till tender, with the lid on the pan; drain well. Melt the butter in the saucepan, and toss the carrots in it. When thoroughly hot

sprinkle with chopped parsley and serve them standing upright in a vegetable dish.

CARROTS, to grow.

Early French and scarlet horn varieties may be sown during January and February in a hotbed. The middle of April is the best time for sowing for the main crop. Continue to sow for succession till end of July. Ground prepared for carrots should be light and manured in the previous autumn, and the admixture of sand is advised.

CARROT SOUP. *See* SOUP, CARROT.

CARROTS, PARSNIPS, BEETS, ETC., to keep.

These should all be housed before the first frost. Bury them in dry sand, a bed of sand at the bottom, another between each layer of the vegetables, and a thick sand covering for the whole. When wanted for use, begin at one end, and draw them out in regular order, and not from the middle till you come to it.

CARVING.

For successful carving, the following points should be borne in mind :

1. The carving knife must always be sharp.
2. The dish on which the joint is served should always be sufficiently large to take the joint comfortably and to enable it to be manipulated with ease.
3. Always serve gravy separately.
4. Never use a steel knife when carving fish—fish carvers should be of silver.
5. When poultry, or game, has to be carved, a pair of carving scissors should be provided.
6. See that all joints are properly chopped.

The following are directions for carving the more usual joints, fish, etc. :

BEEF.

Rib.—Loosen meat from bone with a sharp knife, then starting at thick end carve parallel to bone. If boned and rolled, Rib of Beef should be carved in accordance with directions for Round of Beef.

Round of, and Aitchbone.—Cut into thin slices across from right to left.

Sirloin, Uppercut.—Carve into thin, long slices, parallel to bone, loosening the meat from the bone with a sharp knife.

Sirloin, Undercut.—Carve across the bone—not parallel to it.

MUTTON AND LAMB.

Leg.—Place on table with knuckle to the left of carver. Carve in fairly thick, slantwise pieces, commencing about 3 or 4 inches from the knuckle, cutting the meat right down to the bone. When

CARVING—*continued*

the other end of the joint has been reached, it should be turned over and carved in a similar way underneath.

Shoulder.—Place in front of carver with knuckle end to the left. Holding meat with the fork as near knuckle as possible, cut as many thin, wedge-shaped pieces as you can from the top of the joint, carving the meat from the blade bone next. When all meat has been carved from this side of the joint, turn it over and carve the under side in a similar manner.

Neck, or Loin.—Carve into chops.

Saddle of.—Either carve slices from neck to tail end, or make a cut down the centre from neck to tail and then carve from the centre outwards.

Breast.—If boned, stuffed, rolled and roasted, carve by cutting into thin slices across from right to left.

VEAL.

Fillet.—Carve in thin slices and serve a piece of fat and a little stuffing to each person.

Neck.—Carve as directed for Neck of Mutton or Lamb.

Loin.—If small, carve as directed for Loin of Mutton or Lamb. If too large for this method, turn the joint with the thin edge towards you and carve as for Sirloin of Beef.

Knuckle.—Serve with underside uppermost. Carve as directed for Shoulder of Mutton or Lamb.

PORK.

Leg.—Carve as directed for Leg of Mutton.

Loin.—Carve as directed for Loin of Mutton.

HAM.—The knuckle end should be nearest the carver. Carve in very thin, slanting slices, down to the bone, commencing about 3 or 4 inches from the knuckle.

GAME AND POULTRY.—Always serve with the legs towards the carver.

Capon.—If large, carve in accordance with directions for Turkey.

Fowl.—Holding the leg with carving fork, press away from the side of the fowl with the carving knife, when the joint should break apart and the leg will then only require cutting off. Carve the meat from the breast in long thin slices. To remove the wing, cut down through the breast to the wing joint and then remove in the same way as the leg.

Turkey, Roast or Boiled.—Carve in the same way as a fowl, except that the leg is merely loosened and is not cut off until the breast has been carved. Carving scissors make the removal of the leg easier.

Goose.—Neck end should be on the left-hand side of the carver. Carve the breast first and then loosen and cut off the legs and wings.

Duck.—Carve in the same way as a Goose.

CARVING—*continued*

Pigeon.—Carve by cutting the bird into two from end to end. If each half forms too large a portion, cut it again into halves.

Game.—Large game are carved in accordance with the directions given for Fowl, whilst small game about the size of a partridge are carved like pigeons. Larks, quails, etc., are generally served whole and so need no carving.

FISH.

Turbot, Brill and Large Plaice.—Using a fish slice, cut the fish through to the backbone and then cut into pieces from the backbone to the fins, first on one side and then on the other of the backbone. These slices should be carved right down to the bone.

Sole and Small Plaice.—Cut fish down the backbone and again down the fins. Carve from the backbone to the fins and lift off in fillets. When the whole of the top side has been carved, remove bone and carve underside into fillets.

Salmon or Cod.—Place on table with the thick edge away from the carver. Before commencing to carve, the carver should remove the skin from one side of the fish and then cut the fish from end to end about two-thirds of the way from the thick edge. Cutting right through to the bone, carve in fairly thick pieces from the thick edge to the incision. When all the fish has been carved from the top side, remove backbone and underneath side can then be carved in the same way as the top portion.

CASTOR OIL, to take.

Castor oil may be given in coffee or mutton broth. Another good method of taking it is to pour some water into a tumbler, add the oil, and cover with a little brandy. Or fill about one-third of a wineglass with hot milk, add the oil, and then fill up with more milk. The taste of the oil will not then be noticed if swallowed at a gulp.

CASTS, PLASTER, to make a cement for.

Dissolve in ether some bits of celluloid and shortly afterwards pour off the liquid. The residue forms a cement that dries rapidly and which is absolutely uninjurious to the mended articles when placed in water.

CATARACT.

Opacity of the crystalline lens in the eye. It occurs most frequently in advanced life. Children may be born with it, but otherwise it is rare amongst the young.

Symptoms.—Motes in front of the eye on looking at an object. The person sees several objects of the same kind, instead of only one. The sight gradually becomes dimmed until the person can only tell the difference between day and night. The symptoms are worse at night.

Treatment.—The cataract should be removed by an ophthalmic

surgeon, and then with the aid of glasses the patient will be able to see fairly well.

CATARRH, the treatment of.

Catarrh is an inflammation of the mucous membrane, particularly of the air passages of the head and throat. The inflammation is accompanied by an exudation on the free surface.

The best time to treat catarrh is during warm or hot weather because it is then that the affected parts heal most quickly. In chronic cases a little boracic acid powder should be snuffed up the nostrils. This attacks the germs and prepares the way for the following soothing and healing liquid remedy, which should be used in an atomizer after about 15 or 20 minutes.

Mix together 12 drops oil santol (English), 15 drops oil gaulth or wintergreen, 8 drops oil cassia or cinnamon, 15 grains menthol and 4 oz. medoline medicated or alboline. Use night and morning if required.

Another simple and effective method of treatment is as follows: Take 1 oz. each of fine salt, baking soda, and pulverized borax; thoroughly mix and dissolve in ½ pint of water. Take 1 tablespoonful of the solution to 2 or 3 of warm water and snuff up the head at bedtime. Use soft water preferably.

CATCHFLY, to cultivate. *See* SILENE.

CATERPILLARS, to destroy.

Syringe with an emulsion of ¼ lb. soft soap and 1 pint tobacco extract in a little water and diluted with water to 1½ gallons. The emulsion must be used at least a fortnight before the fruit or vegetables are gathered.

To trap caterpillars, fasten pieces of woollen material in the plants overnight. The insects will settle on them and may be destroyed the next morning.

CATS, care of, etc.

As in the case of dogs, cats should not be overfed, neither should they be fed too frequently. They should have plenty of exercise and be kept supplied with plenty of clean water and milk. Their coats should be well combed and brushed—especially if they are long-haired. They are subject to the same diseases and illnesses as dogs, but do not seem to become ill so easily or frequently.

CAULIFLOWER, to boil.

1 cauliflower
salt
soda
½ pint white sauce

Remove the rough outside leaves, cut across the stalk and soak for an hour in salt and water. Put in boiling water with salt and soda; cook very gently uncovered; skim occasionally. When tender lift out carefully with a slice and drain in a colander. Serve in a hot vegetable dish coated with the white sauce.

CAULIFLOWER AU GRATIN.

1 cauliflower
salt and soda
½ oz. butter
½ pint white sauce
2 oz. grated cheese
few bread-crumbs

Boil the cauliflower, put into a hot dish, mix 1 oz. of the grated cheese with the white sauce and pour it over the cauliflower. Sprinkle over a few bread-crumbs, next the rest of the cheese and then a few little pieces of butter. Brown nicely in a quick oven and serve at once. This dish can be browned under a gas griller or with a salamander.

CAULIFLOWERS, to grow.

These require a rich earth. Sow seed in a warm situation from towards the end of August and transplant to a dry sheltered border. Sow again late in January or early in February in a frame and harden off by April. Transplant 2½ feet apart for use in July and August. Small sowings may be made at intervals till the end of May.

CEILINGS, BLACKENED, to clean.

Wash the patches with cold water starch of a fairly thick consistency. Then leave till quite dry and rub with a soft duster.

CELERY, to grow.

Sow a little seed for early use on a mild hotbed in March and again in the middle of the month. As soon as the plants are large enough prick out to a rich soil over a heap of manure. Transplant in June and July into trenches; water freely, but do not earth up while the soil or plants are in a wet state.

CELERY ESSENCE, to prepare.

Steep 3½ oz. celery seed in ½ pint alcohol for 14 days and strain. Very useful for flavouring.

CELERY SAUCE. *See* SAUCE, CELERY.

CELERY SOUP. *See* SOUP, CELERY.

CELERY, STEWED.

3 or 4 heads celery
salt
½ pint white sauce
toast

Well wash and trim the celery, split each head lengthways into four, tie firmly into bundles, cut in equal lengths, place in a stewpan with enough boiling water to cover and a little salt. Boil till tender (about an hour), drain it carefully, dish in a hot vegetable dish on a slice of toast and pour the white sauce over. Celery can also be boiled in a nice brown stock and a sauce to coat it made of 1 oz. butter, 1 oz. flour (browned), and half a pint of the stock the celery was boiled in. Seasoned and served in the same way.

CELLULOID, to clean.

To render celluloid which has become dirty and yellow equal to new, clean with metal polish.

CELOSIA (COCKSCOMB), to cultivate.

A plant which is very useful for green-house decoration by reason of its graceful plumes and feathered sprays of inflorescence, and in a well-protected spot it will even flourish in the open. Seed should be sown in heat in the spring, the seedlings being pricked off as soon as possible and continued in heat until the crowns appear. They need a good rich soil and plenty of water. There are several varieties of various shades—golden, crimson and rainbow.

CEMENT, COARSE STUFF, to make.

First form the mortar as usual and, when the lime and sand are thoroughly mixed, gradually add hair obtained from a tanner. Use a three-pronged rake and unite the whole thoroughly until the hair appears equally distributed in the composition.

CEMENT, DIAMOND, for glass, polished steel, precious stones, or jewellery, etc., to make.

Dissolve 6 oz. isinglass in 9 oz. water and stir in 2 oz. mastic which has been dissolved in 12 oz. rectified spirits of wine. Finally stir in 2 oz. finely powdered olibanum.

CEMENT, FINE STUFF, to make.

Slake sound lime with a little water and then make to the consistency of cream by the addition of more water. Allow to settle for a time, pour off the water, and allow mixture to stand till it is the proper consistency for use.

CEMENT, FIREPROOF, for walls, broken stone, steps, etc., to make.

Mix 20 parts fine river sand, 2 parts litharge, and 1 part quicklime in enough linseed oil to make a thin paste.

CEMENT, FOR AQUARIUMS, to make.

Melt together 2 parts (by weight) of common pitch and 1 part gutta-percha in an iron vessel.

CEMENT, FOR CHINA OR GLASS, to make.

Dissolve some shellac in sufficient rectified spirits to give the consistency of treacle. Smear thinly on the fractured part.

CEMENT, FOR CISTERNS AND CASKS, to make.

Mix thoroughly 8 parts melted glue and 4 parts linseed oil boiled into varnish with litharge. The cement hardens in 48 hours. Or—

Well prepared gluten of wheat also serves as a good cement.

CEMENT, FOR CORKS, to make.

Black cement for bottle corks is made by adding resin and brick dust to pitch.

CEMENT, FOR EARTHENWARE, to make.

Dissolve gum shellac in alcohol, apply the solution, bind the parts together, and let dry. Or—

White of egg, thickened with powdered quicklime may be used for the same purpose.

CEMENT, FOR FASTENING FILES, BLADES, ETC., to make.

Powder and mix together 2 parts shellac and 1 part prepared chalk. Fill the opening with the powder, heat the iron and press in.

CEMENT, FOR FIXING LABELS ON TIN BOXES, to make.

Soften some glue and then boil it in vinegar. While boiling thicken with flour to make a paste.

CEMENT, FOR LEATHER, to make.

Pack 1 oz. rubber tightly in a bottle and cover with bisulphate of carbon. When the rubber is dissolved this gives the finest possible cement for patches on shoes, etc.

CEMENT, FOR LINOLEUM, to make.

Here is a good cement for securing linoleum to wood or stone floors. Dissolve 1 lb. garnet shellac in 1 quart methylated spirits. Thin to the consistency of treacle, adding more spirit if required.

CEMENT, FOR SEAMS IN ROOFS, to make.

Take equal quantities of white sand and white lead and mix with oil to a consistency of putty.

CEMENT, IMITATION STONE, for outside brick walls, to make.

Mix 90 parts clean sand, 6 parts litharge, 5 parts plaster of Paris, moistened with boiled linseed oil. Give the bricks two or three coats of oil before applying the cement.

CEMENT, JAPANESE, to make.

Carefully mix rice flour with cold water and then boil gently. This gives a strong and almost colourless cement which is used by the Japanese for all their works in paper and lacquer.

CEMENT, TO JOIN INDIA-RUBBER WITH IRON, to make.

Dissolve 30 grains india-rubber in 4 grains of chloroform, add powdered gum mastic and steep for 7 days.

CEMENT, TO JOIN METAL TO GLASS, to make.

Dissolve 1 lb. shellac in 1 pint strong methylated spirits and add 1/5 part of solution of india-rubber in carbon bisulphide.

CEMENT, TO MEND ALABASTER, MARBLE, ETC., to make.

Take 2 parts yellow resin and melt and stir in 1 part plaster of Paris. Apply hot, having previously warmed the surfaces.

CEMENT, UNIVERSAL, for iron, wood, leather, glass, paper and nearly all household articles, to make.

Powder ½ oz. isinglass by rubbing between the hands. Place in a bottle and damp thoroughly with acetic acid. Then stand the bottle in boiling water. When cold the cement will solidify, but it may easily be melted again by warming when required for use. Be sure to take out the cork when heating.

CERATE, WHITE, to make.

Melt together 1 gill of olive oil and ¼ lb. white wax and stir till cold. This makes an excellent soft dressing for cuts, blisters, etc.

CHAMOIS LEATHERS, to economize.

Instead of buying a large piece, buy a small piece and stitch on to the centre of a very soft duster; gather up the sides of the duster in the hand and use the piece of chamois leather for polishing.

CHAMPAGNE CUP, to make.

Mix together 1 pint bottle of champagne, 1 bottle soda or seltzer water, powdered sugar to taste, ½ wineglassful of curaçao, ample clear ice, and a sprig of green borage or a little cucumber rind, or a few slices of fruit such as pineapple, melon or peaches, etc.

CHANCRE.

May be hard or soft.

HARD CHANCRE.—Generally occur only one at a time and may occur in any part of the body.

Symptoms.—After infection a brown pimple appears : the top layer of skin is rubbed off and leaves an ulcer. The surrounding skin becomes hard and feels like gristle. The nearest glands become enlarged.

Treatment.—The affected part should be kept very clean, a piece of lint soaked in " black lotion " being applied and changed several times a day. The discharge from a hard chancre is highly infectious, and great care must be taken to prevent the spread of the disease to others.

SOFT CHANCRE.—These generally occur more than one at a time. They make their appearance two or three days after infection. The glands in the groin become enlarged and painful and a bubo may form.

Treatment.—Rest : the affected part should be well washed in Condy's fluid and " black lotion " applied on lint changed several times a day.

CHAPPED BREASTS, a lotion for.

1 dr. sulphate of alumina	4 gr. borate of soda
½ oz. sulphate of zinc	6 oz. rose water

Mix these ingredients and shake the bottle every time before application.

CHAPPED HANDS, treatment of.

The hands and wrists should be thoroughly dried after washing, and held in front of the fire. Lanoline should be applied at bedtime and a pair of gloves put on to protect the bed-clothes.

CHAPPED LIPS, to treat.

Take 2 oz. lard, 3 oz. cocoa oil, 1 oz. spermaceti, 3 dr. yellow wax and 1 dr. alcenna root, mix together, gently heat for quarter of an hour, and strain through a cloth. Then add 1 oz. oil of lemon, 1 oz. bergamot oil and 3 dr. oil of bitter almonds, and thoroughly mix the whole before pouring into a suitable jar to cool. Apply to the lips preferably at night.

CHAPS, to prevent.

1 oz. white wax
2 oz. spermaceti
1 oz. glycerine
3 oz. chalk
2 oz. oatmeal water

Mix the above thoroughly and apply after washing.

CHARCOAL, three uses for.

For a sick headache take a teaspoonful of powdered charcoal in a tumbler of water.

If applied cold to a burn, it quickly relieves the pain.

To make flowers last longer, and also to save changing the water in which they are standing place some powdered charcoal in the bottom of the vase.

CHARLOTTE, APPLE. *See* APPLE CHARLOTTE.

CHARLOTTE RUSSE.

3 gills cream
1 oz. sugar
1 white of egg
vanilla essence
little lemon jelly
½ oz. gelatine
savoy biscuits
½ gill sherry
cherries and angelica

(Enough for five or six people.)

Dissolve the gelatine in the sherry; choose a small cake tin with straight sides and decorate the bottom with cherries and angelica, then pour in a little lemon jelly and allow to set. When quite set split the savoy biscuits, trim them and line the sides of the tin, joining them with white of egg. Whip the cream slightly, add the sugar, flavouring and dissolved gelatine, and pour this mixture in the tin. Turn out when set and quite firm.

CHEESE, to kill mites in.

After brushing off as many mites as possible put the cheese into a tub and cover with water. Remove after two minutes. This will not only destroy the mites but will improve the cheese by closing up the cracks.

CHEESE BALLS.

3 oz. cheese
2 oz. flour
½ oz. butter
1 egg
¼ pint tepid water
1 teaspoonful mustard
salt and cayenne

(Enough for five or six people.)

Mix the flour and mustard, salt and cayenne, separate the yolk from the white of the egg, mix it to the flour with the butter (melted), add the grated cheese a little at a time and the whipped white of egg. Mix all to a smooth batter; drop a teaspoonful of the mixture into hot fat and fry. Half of this quantity makes a good dish.

CHEESE CAKES.

Make a curd by adding a few drops of rennet to 1 pint of hot milk. Press the whey from the curd. Mix with the curd 3 eggs, 3 ratafia biscuits, 4 tablespoonfuls cream, 2 oz. sugar and a few drops of lemon, pound in a bowl with a wooden spoon, and press the curd in a napkin to absorb moisture. Line six patty pans with puff paste; fill up with the cheese custard and place two strips of candied peel on top of each.

CHEESE, CREAM, to make.

Put some cream into a damp cloth and hang for a week in a cool place. Then place it in a mould lined with a cloth and press lightly. Turn the cheese twice a day and it will soon be ready for use.

CHEESE FRITTERS.

Take 2 oz. margarine, 1 oz. bread-crumbs, 2 oz. cheese, 1 egg, pepper and salt to taste. Grate the cheese and put into a basin. Beat the egg and mix with the other ingredients. Melt some butter in a frying pan, and when boiling drop the mixture from a tablespoon into it. Fry until fritters are golden brown, drain them, and serve hot.

CHEESE AND POTATO PIE.

Slice some potatoes. Make a pint of thick white sauce, and stir in 4 oz. of grated cheese. Season with salt and pepper. Arrange in a dish a border of toasted bread, then a layer of potatoes, over which pour some sauce. Repeat until full. Cover the whole with sauce, and sprinkle with grated cheese. Place in the oven for 20 minutes.

CHEESE PUDDING. (No. 1.)

4 oz. bread-crumbs
3 oz. grated cheese
1 oz. butter
1 pint milk
2 eggs
salt and pepper

(Enough for three or four people.)

Pour the boiling milk on the bread-crumbs, add the grated cheese, butter, salt and pepper, mix well together; beat the two

eggs well and add them. Pour the mixture into a buttered pie-dish and bake in a moderate oven about half an hour.

CHEESE PUDDING. (No. 2.)

3 tablespoonfuls bread-crumbs
1 small tablespoonful flour
½ pint milk
2 tablespoonfuls grated cheese
1 egg
seasoning
1 oz. butter

Put the greater part of the milk into an enamel saucepan and bring it to the boil. Mix the remainder into a smooth paste with the flour and stir in; adding seasoning, bread-crumbs, butter and cheese. Stir all together, and then stand on one side to cool. Divide the yolk from the white of the egg, and beat them up separately. When the mixture is sufficiently cool beat in the yolk, and lastly stir in the white (this should have been beaten to quite a stiff froth), put into a greased dish and bake a nice brown.

CHEESE PYRAMIDS.

2 oz. flour
1 oz. butter
1 oz. grated cheese
some cheddar cheese
1 yolk of egg
cream
salt and cayenne

(Enough to make ten or twelve pyramids.)

Add the grated cheese to the flour with salt and cayenne, rub in the butter, mix to a dough with yolk of egg, knead slightly, roll out and cut into rounds with a pastry cutter (about 1½ inches in diameter), and bake in a hot oven on a greased tin. On each biscuit when cold place three small squares of cheddar cheese, whip and season the cream, put it in a forcing bag and pipe it between the squares of cheese. Serve on a fancy paper.

CHEESE SOUFFLÉ.

3 oz. flour
3 oz. butter
6 oz. cheese (Parmesan)
¼ pint milk
yolks of 3 eggs
whites of 4 eggs
brown bread-crumbs
salt and cayenne

(Enough for four or five people.)

Cook the flour in the butter, add the milk, stir till it boils and thickens. When it cools add the yolks and beat well, then the grated cheese, salt and cayenne and lastly the stiffly-beaten whites of eggs; pour into a well-buttered pie-dish, and sprinkle over some brown crumbs. Bake in a quick oven and serve immediately.

CHEESE SOUP. *See* SOUP, FRENCH CHEESE.

CHEESE STRAWS.

2 oz. flour
2 oz. grated cheese
2 oz. butter
½ teaspoonful mustard
yolk of an egg
salt and cayenne

(Enough for three or four people.)

Sift the flour into a basin, add the mustard, salt, cayenne and grated cheese, rub in the butter, mix to a paste with yolk of egg

and a little water if necessary, knead slightly, roll out on a pastry board till about an eighth of an inch thick, cut into narrow strips about 3 inches long, place on a greased baking tin and bake in a quick oven.

CHELONE, to cultivate.

A hardy perennial of which there are several varieties, all making handsome plants for late summer and autumn. It is easy of culture and of free growth, and may be raised from seed or increased by division or cuttings. *C. barbata*, bearing long racemes of bright scarlet, is a good variety.

CHEMICAL SUBSTANCES, common names for.

COMMON NAME	CHEMICAL NAME
Aquafortis	Nitric Acid.
Aqua Regia	Nitro-Sulphuric Acid.
Aquila Alba	Calomel.
Basilicon Ointment	Resin Ointment.
Bitter Wood	Quassia.
Black Draught	Comp. Mixt. Senna.
Blue Ointment	Unguentin Hydrogarum.
Blue Vitriol	Sulphate of Copper.
Calomel	Chloride of Mercury.
Carron Oil	Linseed Oil and Lime Water, equal parts.
Caustic Potash	Hydrate of Potassium.
Chalk	Carbonate of Calcium.
Chloroform	Chloride of Formyle.
Common Salt	Chloride of Sodium.
Copperas	Ferrous Sulphate.
Corrosive Sublimate	Bichloride of Mercury.
Cream of Tartar	Bitartrate of Potassium.
Diamond	Pure Carbon.
Diuretic Salt	Acetate Potash.
Dry Alum	Sulphate Aluminium and Potassium.
Epsom Salts	Sulphate of Magnesia.
Fire Damp	Light Carburetted Hydrogen.
Friar's Balsam	Tr. Benzoin Comp.
Galena	Sulphide of Lead.
Glauber's Salts	Sulphate of Sodium.
Glucose	Grape Sugar.
Goulard Water	Basic Acetate of Lead.
Gregory's Powder	Comp. Rhubarb. Mixt.
Iron Pyrites	Bisulphide of Iron.
Jeweller's Putty	Oxide of Tin.
King Yellow	Sulphide of Arsenic.
Laughing Gas	Protoxide of Nitrogen.
Lime	Oxide of Calcium.

COMMON NAME	CHEMICAL NAME
Lunar Caustic	Nitrate of Silver.
Mosaic Gold	Bisulphide of Tin.
Muriate of Lime	Chloride of Calcium.
Nitrate of Saltpetre	Nitrate of Potash.
Oil of Vitriol	Sulphuric Acid.
Opodeldoc	Soap Liniment.
Potash	Oxide of Potassium.
Red Lead	Oxide of Lead.
Rust of Iron	Oxide of Iron.
Sal Ammoniac	Muriate of Ammonia.
Salt of Tartar	Carbonate of Potash.
Slacked Lime	Hydrate of Calcium.
Smelling Salts	Carbonate Ammonia.
Soda	Oxide of Sodium.
Sorrel Salts	Oxalic Acid.
Spirits of Hartshorn	Ammonia.
Spirits of Salts	Hydrochloric or Muriatic Acid.
Stucco, or Plaster of Paris	Sulphate of Lime.
Sugar Acid	Oxalic Acid.
Sugar of Lead	Acetate of Lead.
Verdigris	Basic Acetate of Copper.
Vermilion	Sulphide of Mercury.
Vinegar	Acetic Acid (diluted).
Volatile Alkali	Ammonia.
Washing Soda	Carbonate of Soda.
Water	Oxide of Hydrogen.
White Precipitate	Ammoniated Mercury.
White Vitriol	Sulphate of Zinc.

CHERRIES, to bottle.

To every pound of fruit add 6 oz. powdered sugar. Put the fruit into jars and shake the sugar over. Tie each jar down with two bladders. Place the jars in a boiler of cold water and bring to boiling point. Let them remain in the hot water for 3 hours. Remove to a dry place when cool. This will preserve them for over a year.

CHERRIES, to dry.

Stone the fruit, spread on a dish and dry in the sun or an oven. Pour the juice that comes from the cherries over them a little at a time. Move them about so that they may dry evenly. Line boxes or jars with white paper and, when the cherries are quite dry, pack them closely in layers. Strew a little brown sugar over the fruit and fold the top of the paper over it. Keep in a dry place.

CHERRY BRANDY.

Morella cherries
sugar
brandy

Remove the stalks from the cherries, which should be ripe and

sound, prick them with a large needle or fork, and drop them into a bottle. To every pound of fruit allow 6 oz. of sugar, or pounded sugar candy. Put this in and fill up the bottles with brandy. The bottles should be three parts full of cherries. Cork down and keep three or four months, shaking the bottle every now and again. A clove or two added improves the flavour.

CHERRY PIE, to cultivate. *See* HELIOTROPIUM.

CHERRY TART, or CHERRY PIE. *See* TARTS, FRUIT.

CHESTNUTS, to boil.

1 lb. chestnuts
little butter, pepper and salt
sufficient boiling water to cover the nuts when in the saucepan

Peel the outside shells from the nuts, then drop them into boiling water and remove the inner skins. Place in boiling water to which salt has been added and boil until tender. Strain and serve in a hot vegetable dish with parsley sauce, or mash with butter, pepper and salt like turnips. This forms an excellent accompaniment for roast beef.

CHESTNUTS, to peel.

Make a cut in the skin of each nut and place them in the oven for about 10 minutes, or place in cold water, bring to the boil and keep boiling for about 3 minutes. Take out a few at a time and you will find that both the outside and inside skins can easily be peeled off.

CHESTNUT SOUP. *See* SOUP, CHESTNUT.

CHESTNUT STUFFING, for roast fowl or turkey. *See* STUFFING, CHESTNUT.

CHICKEN, to boil.

Tie the wings and the legs to the body with thread; immerse in milk and water for 2 hours. Place in cold water and boil slowly for half an hour. Skim constantly. Garnish with broccoli and serve with white sauce. Very plump birds are the most satisfactory for this dish.

CHICKEN, to curry.

1 chicken
2 tablespoonfuls cocoanut
1 tablespoonful lemon juice
1 onion
½ teaspoonful sugar
2 oz. butter
2 tablespoonfuls Indian curry powder
½ pt. gravy or stock
1 teaspoonful salt

Joint chicken neatly and fry a light brown in the butter, then remove from pan. Slice the onion and fry, adding all the other ingredients except lemon juice. Put the chicken back and simmer for half an hour. Add lemon juice and serve with a dish of rice.

CHICKEN, to roast.

Singe, and truss by cutting the legs off at first joint. Make an incision in the wings and put the gizzard under the left wing and the liver under the right. Prepare stuffing of 3 oz. bread-crumbs, 2 oz. suet, a few leaves parsley (chopped), 1 egg, pepper and salt. Draw up the legs under the wings and stuff chicken in breast. Dredge flour over, or place a buttered paper over chicken and baste frequently. Roast for an hour. Serve with good brown gravy and bread sauce.

CHICKEN BROTH.

1 old fowl
1 quart water
1 oz. rice or pearl barley
chopped parsley
salt and pepper

Prepare and draw the fowl, cut off all the meat and cut it up finely, chop the bones and put into a stewpan with the water and simmer very gently for 2 hours or more; strain, return to the pan with the rice or barley, previously washed and soaked in a little warm water. When tender season well with salt and pepper and a grate of nutmeg if liked. Sprinkle over chopped parsley and serve.

CHICKEN CROQUETTES.

½ lb. cooked chicken
2 oz. ham
1 oz. butter
1 oz. flour
1 gill white stock
1 teaspoonful chopped parsley
little lemon juice
salt and pepper
egg and bread-crumbs

(Enough to make six croquettes.)

Mince or chop the chicken finely, add the chopped ham and parsley; cook the flour in the butter, add the white stock and cook till it thickens; add to the chicken and ham, season well with salt and pepper and a squeeze of lemon juice. Place on a wet plate, divide into equal portions, set aside to cool, form into cork shapes, using a little flour or bread-crumbs, coat with egg and bread-crumbs, and fry in hot fat. Serve on a hot dish with a fancy paper; garnish with fried parsley.

CHICKEN, FRICASSEE OF.

1 chicken
1 onion stuffed with cloves
1 blade of mace
bunch of herbs
1 lemon
2 oz. butter
2 oz. flour
½ pint white stock
½ pint milk
salt and pepper

(Enough for six or seven people.)

Cut the chicken into neat joints, place in a stewpan with onion, mace, herbs and strip of lemon peel, add the white stock and simmer very gently till tender. Cook the flour in the butter, add the stock the chicken was cooked in and the milk, stir till it boils, season well with salt and pepper and lemon juice. Put back the joints of

chicken, serve with a rose border of mashed potato, and garnish with cut lemon and parsley. Cold boiled fowl can be served in this way, using the liquor it was boiled in.

CHICKEN, ROAST.

Stuff at neck end, if liked, with chestnut stuffing, veal or sausage forcemeat, place on baking tin and put one or two slices of bacon across the breast and cook in a quick over for about 15 minutes, after which gradually reduce the heat and allow to cook thoroughly. The time must depend upon the size of the chicken. Baste frequently while cooking with dripping. When cooked, remove trussing string and skewers and serve on a hot dish, decorating it with watercress. Serve either mushroom, oyster, or bread sauce separately.

CHICKENS, to fatten quickly.

Pour scalded milk upon rice and mix with treacle. Every morning give the birds as much as they will take. *See also* FOWLS, to fatten.

CHICKEN-POX, to treat.

On the approach of chicken-pox the child feels ill, and the eruption shows itself in about 24 hours. It consists of numerous small pimples on the scalp, neck, back, chest and shoulders, but rarely on the face. The pimples arrive at maturity on the third day and then begin to die away—others making their appearance at the same time. Chicken-pox very rarely leaves pit-marks as in the case of smallpox, but boracic acid ointment may be applied to the spots with advantage. The complaint lasts but a few days, and for the first three or four days the patient should be kept indoors and fed on milk and farinaceous food. On the sixth day, but not before, give a mild aperient.

Chicken-pox cannot be considered dangerous, but it is infectious. It is apt to leave the child weak and he should be given a tonic, fresh air and good food.

CHICORY, to cook.

Cook according to recipe for sea-kale, which it very much resembles.

CHILBLAINS, remedies for.

Here are two useful prescriptions for dealing with chilblains:

1. 1 dr. aconite liniment, 2 dr. belladonna liniment, 5 minims carbolic acid, and 1 oz. flexible colodion. Mix and apply each night with a camel's hair brush.

2. 2 dr. flexible colodion, 2 dr. castor oil, 2 dr. spirits of turpentine. This should be applied three times daily with a camel's hair brush.

CHILBLAINS, to make a poultice for.

Bake a white turnip and scrape out the pulp. Mix with it a tablespoonful of salad oil, mustard and grated horse-radish. Make a

poultice of the mixture and apply it on a piece of linen to the chilblains.

CHILD-CROWING.

This occurs in children between the ages of three months and three years and is usually associated with rickets and indigestion.

Symptoms.—The attacks come on suddenly, breathing becomes difficult, and then ceases. The child goes blue in the face, twitches its face and throws its head back. The spasm of the throat suddenly yields and the air rushes into the lungs, making a loud, crowing noise. In bad cases the whole body may be convulsed.

Treatment.—During the spasm a cold sponge should be dashed in the child's face. The back of the tongue may be tickled with the finger and smelling salts put to the nose. If this does not bring the child round he should be placed in a warm bath whilst cold water is poured over the head. Artificial respiration should be performed if the breathing ceases and the child is in danger of its life.

Rickets and indigestion must be treated, cod liver oil and maltine being given. A change to the seaside is very desirable.

CHIMNEY, BURNING, how to treat.

To put out a fire in the chimney which has been caused by a fire in the fireplace, first close all doors, so as to prevent a draught up the chimney; next throw some fine common salt upon the fire in the grate, which will immediately extinguish that in the chimney.

CHINA, to clean.

Use a little Fuller's earth and pearl ash or soda with the water.

CHINA, to remove tea-stains on.

Place the china in a saucepan of water with a little soda and allow to boil for about 10 minutes.

CHINA, BROKEN, to make a cement for.

Into a thick solution of gum arabic stir plaster of Paris until it becomes a viscous paste. It should be applied to the fractured edges with a brush, and the respective parts closely drawn together. *See also* CEMENT FOR CHINA OR GLASS.

CHINTZ, to wash.

In a gallon of water boil 1 lb. of rice. After the rice is quite cooked pour the whole into a washtub, and allow to become lukewarm. Put the chintz in and rub with the rice instead of soap. Cold rice water should be used for rinsing. Hang the chintz up to dry, pulling it straight. After mangling, it will look like new.

CHIVES, to grow.

Divide the roots in the spring or autumn, leaving a few small roots together in each slip, and plant at intervals of about 6 inches.

CHOCOLATE, to prepare.

Allow ½ oz. chocolate to each person; to every ounce allow ½ pint of water and ½ pint milk. Make the milk hot; scrape the chocolate into it, and stir the mixture constantly and quickly until the chocolate is dissolved. Bring to the boiling point, stir well, and serve immediately with white sugar.

A very small piece of cinnamon added to a cup of chocolate gives it a very delicious flavour.

CHOCOLATE CREAMS, to make.

1 lb. sugar
½ lb. chocolate
1 teaspoonful each of acetic acid and vanilla
1 tablespoonful water

Slowly melt the sugar, damping slightly with the water. Add the acid and vanilla and boil till sugary, testing frequently by stirring a little in a saucer. Remove from fire, stir till nearly hard, and roll into little balls which should be placed on a buttered plate. Now melt the chocolate in 2 tablespoonfuls water with a cupful of sugar and boil for 5 minutes. When chocolate is just warm dip the little balls into it and coat them well. Then place them on plates to dry.

CHOCOLATE ÉCLAIRS. *See* ÉCLAIRS.

CHOCOLATE MOULD.

3 oz. cornflour
2 oz. chocolate powder
1 oz. sugar
1½ pints milk
vanilla essence
custard sauce

Mix the cornflour and chocolate powder with cold milk, put on remainder of milk to boil, pour on to cornflour and powder and return to the saucepan. Cook thoroughly, add sugar and vanilla essence to taste; pour into a wet mould; turn out when set and serve with custard sauce.

CHOCOLATE PUDDING. *See* PUDDING, CHOCOLATE.

CHOCOLATES, CENTRES FOR, to make.

Mix ½ teaspoonful of citric acid in 1 teaspoonful water. Grate the rind of an orange. Mix with icing sugar and a little orange juice and leave to harden for a day.

CHOKING, to relieve.

The finger should be put down the throat and an attempt made to hook out the obstruction. If this fails the child should be turned upside down and shaken. A dessertspoonful of mustard in a cup of water may be given to make the patient vomit. Things that are swallowed generally pass through the bowels, and are got rid of without difficulty.

CHOLERA, to treat.

All drinking water should be boiled, and uncooked fruit or vegetables not eaten. The patient should be kept warm with

blankets and hot water bottles, and given small lumps of ice to suck. Hot flannels should be put on the abdomen. If the cramps are bad the leg should be gently massaged. Small quantities of milk and strong beef juice should be administered frequently. Iced champagne or brandy may be necessary. The application of ice to the spine by means of long bags has been recommended.

CHOP, to steam.

1 chop	2 oz. Patna rice
butter	salt and pepper

Trim the chop, sprinkle over a little salt and pepper, and place it between two buttered plates over a saucepan of boiling water. Cook the rice as for curry; arrange it on a hot plate. When the chop is cooked place it on the rice, sprinkle over chopped parsley or capers and serve.

CHRISTENINGS.

Notices in the Press concerning the arrival of a little stranger take the following form:

"*On the 4th inst. at 200 So-and-so Avenue, the wife of A. B. Dash, a son.*"

Or a favoured variation of the last words is "the gift of a son (or daughter)."

Upon learning the news in this or any other way, friends send letters or telegrams of congratulation, and those able to do so call within two or three days to inquire after mother and infant, leaving cards or merely a note or message, according to whether card-leaving is usually observed between the families.

The Church of England asks no set fee for baptism, but parents, according to their means and position, give a donation to the church or place a contribution in one of the collection boxes at the entrance door. A little gratuity for the verger is also usual.

Two godfathers and one godmother stand as sponsors for a boy, and one godfather and two godmothers for a girl.

Godparents always give presents to the child, and these, with any other gifts, are displayed when the party returns from the church for whatever hospitality is provided in celebration of the event.

A morning christening may be followed by a luncheon, and if it is in the afternoon there is often a sit-down tea. In other cases the celebration may take more the form of a reception, with buffet refreshments, but almost invariably a christening cake has pride of place amongst the refreshments, and always the baby's health is drunk, whether in champagne or some more humble beverage, being proposed by a godfather of the child and replied to by the father.

CHRISTMAS CAKE. *See* CAKE, CHRISTMAS.

CHRISTMAS ROSE, to cultivate. *See* HELLEBORUS.

CHRYSANTHEMUM, to cultivate.

These require a rich light soil and abundant moisture. Propagation is by root division in early spring, cuttings in April and

May, and layers in July and August. Those grown by layers may be transplanted to flower the same year. To keep the plants small they should constantly be moved into larger pots.

CHUTNEY.

4 lb. apples
2 lb. sultanas
4 oz. garlic
¼ oz. cayenne
2 lb. brown sugar
4 oz. green ginger or 2 oz. ground ginger
1 quart vinegar

Pare and core the apples; then add the brown sugar and boil to the consistency of jam. Chop finely the sultanas and garlic; add all the other ingredients except vinegar. Mix the whole with the apples and boil for another 10 minutes. Pour into a jar and while hot, mix well with vinegar, adding salt to taste. Bottle when cold.

CHUTNEY, APPLE.

1½ lb. brown sugar
¼ lb. salt
2 oz. garlic
½ lb. onions
½ teaspoonful ground ginger
½ oz. chillies
2 oz. mustard seed
1 lb. raisins
3 lb. cooking apples
3 pints vinegar (malt)

Peel and core apples and boil until soft in 1 pint of vinegar. Soak chillies overnight, then chop fine with the raisins. Add to other ingredients and boil the whole for 10 minutes.

CHUTNEY, BENGAL.

4 oz. loaf sugar
8 oz. raisins
8 oz. tamarinds
4 oz. mustard seeds
4 oz. garlic
4 oz. shallots
6 large apples
6 or 8 large tomatoes
2 tablespoonfuls salt
½ oz. cayenne
½ oz. ground ginger
3 pints vinegar

Stone the raisins and the tamarinds, chop all the ingredients finely, add the vinegar and boil for an hour.

Note.—If garlic cannot be obtained 4 oz. of onions can be used.

CHUTNEY, OLD-FASHIONED.

15 large apples
1½ lb. brown sugar
½ lb. Spanish onions
¼ lb. garlic
¼ lb. mustard seed
¼ lb. salt
½ lb. raisins, stoned and chopped
½ lb. tomatoes
2 oz. ground ginger
⅛ oz. cayenne pepper
3 pints best brown vinegar

Peel and core the apples and boil them in the vinegar until quite soft. Chop the onion and garlic finely and add, with the other ingredients, to the apples. Boil all together, and bottle. Half an hour is usually enough.

CHUTNEY TOAST.

1 oz. Bengal chutney
2 oz. ham
2 tablespoonfuls cream
1 oz. grated cheese
salt and cayenne
croûtons of fried bread or toast

(Enough for three or four people.)

Mince the ham finely, mix it with the cream, season well, spread it on the rounds of toast or fried bread, put a layer of chutney over and spread thickly with grated cheese. Brown in a quick oven and serve hot.

CHUTNEY, TOMATO.

2½ lb. tomatoes
1 pint vinegar
4 oz. brown sugar
1 oz. cloves
4 oz. sliced or chopped onions
2 oz. preserved ginger
little pepper and salt

Place layers of sliced tomatoes in a dish, with a sprinkling of salt between each layer and let them stand for a whole day (24 hours). Then drain off all the resulting water. Next put all the ingredients together into a pan and simmer until quite tender. Strain and store in small air-tight containers. This can be used immediately.

CIDER, to bottle.

If cider is not perfectly clear, clarify it and let it stand for 10 or 14 days. Withdraw the bung and let it remain so for 12 hours. Fill the bottles and leave them uncorked for a day. If required immediately put a small piece of loaf sugar in each bottle. Keep it in a cool cellar.

CIDER, to make.

Gather fully ripe apples and store in a loft for two weeks to grow mellow. Crush them to a pulp and put into a strong, coarse bag. Take a heavy weight and press out the juice into a large open tub, keeping at a temperature of 60 degrees. When the sediment has settled, rack the liquor off into a clean cask and stand it in a cool place till the following spring. It may then be re-racked for use.

CIDER, to make without apples.

Add 1 lb. brown sugar, ½ oz. tartaric acid and 3 tablespoonfuls yeast to 1 gallon cold water and shake well together.

CIDER, to preserve.

Pour in at the bung 1 quart pure refined linseed or olive oil. This will keep the cider sweet. After most of the cider has been drawn, the oil may be saved for other purposes.

CINERARIAS, to cultivate.

These should be cultivated as pot-plants, for they flower from December to May. Grow in ordinary light garden soil and keep just moist. Propagate by root division, seeds or cuttings.

CINNAMON WATER.

Allow 1 lb. of cinnamon bark to steep for 4 or 5 days. in a gallon of brandy and an equal quantity of water. Distil off 1 gallon.

CLARET CUP, to make.

1 bottle claret
1 bottle soda water
1 bottle lemonade
2 wineglassfuls sherry
2 sprigs borage
1 small lemon sliced
cucumber peel
2 oz. castor sugar

Mix all together, adding the sugar last. Ice it either by putting it in a refrigerator or adding lumps of ice.

CLARKIA.

A well-known hardy annual, robust, easy of culture and flowering for a long time. Clarkia is much affected in its growth by the nature of the soil : a good sandy loam is best and a warm position desirable. It makes an excellent winter plant for the green-house and for table decoration by sowing in autumn in a cool house.

CLEANING COMPOUND, for woollens, black felt hats, collars, etc., to make.

Take 1 oz. borax and 1 oz. gum camphor; add 1 quart boiling water. Allow the mixture to cool, then add 1 pint alcohol; pour into a bottle, cork tightly. Shake well before using; apply with sponge.

CLEMATIS, to cultivate.

A beautiful climbing plant seen in perfection in its wild state in the chalky soil of the lanes of our southern counties. It is on this original (C. *vitalba*) that most of the hybrid and more delicate varieties are grafted; but the result is not always satisfactory, for though a vigorous growth may be obtained at first, the grafted plant often quickly perishes, and the better way is to propagate from layers or raise from seed. Plant in a sunny position.

CLIANTHUS PUNICEUS, to cultivate.

Though usually regarded as a green-house plant, this handsome shrub will withstand a winter in the open if it is planted against a wall and the root well protected with litter and matting. Grow in a mixture of loam and well-rotted compost. Propagation is by cuttings and suckers.

CLOCK, to clean.

Remove clock from case, preserving carefully all nuts, screws, bolts, etc. Remove pendulum; then wind clock and place it in boiling water with soda or soap. Continue to wind until thoroughly cleansed, as the movement of the works in water cleanses every part. If a string is tied to the frame of the clock it will be easier to remove it from boiling water. When drying,

re-wind and place near heat to avoid rusting. Allow clock to run down; then replace in case. If oil is required, a little machine oil should be applied by means of a needle. Beware of over-oiling.

CLOTH, to clean.

All that is necessary is some Fuller's earth moistened with lemon juice and a little powdered pearl ash. Make the Fuller's earth and pearl ash into balls. Add sufficient juice to moisten; scrub the cloth with the balls.

CLOTHES, to brush.

Brush gently with a soft brush all fine fabrics, but a hard one should be used if the clothes are muddy. Always brush in the direction of the nap, with the garment spread over a table. All dirt should previously be beaten off.

CLOTHES, to hang out.

Skirts should be hung by the bands; nightdresses by the shoulders, and stockings by the toes.

To dry a jumper carelessly makes it get out of shape. Squeeze out as much water as possible, but do not wring, and then pass a stick through the sleeves and hang thus on the line. When nearly dry take down and pull into shape.

If collars, cuffs, pieces of lace, etc., are threaded on a piece of tape or string, and tied on to the clothes line, the ends of the cuffs and collars will not be pulled out of shape. There will be no dirty peg marks, and pieces will not get lost in the wash.

CLOTHES, to remove creases from.

Hang the creased or crumpled garments in the bathroom on a clothes line, then turn on the hot water tap until the room is full of steam. Allow them to remain for an hour or so; then remove them to the open air and complete the drying. Press on the wrong side with a cool flat iron.

CLOTHES, to remove shininess from.

Well wash some ivy leaves in cold water and put them in a saucepan with enough cold water to cover well; boil slowly until the leaves are tender. Strain off the liquid and use it for sponging the shiny places, having first thoroughly brushed the garment.

CLOTHES, to whiten.

A teaspoonful of cream of tartar to a quart of water makes an excellent recipe for whitening white clothes that have become yellow. The articles should be allowed to soak overnight in the mixture, and when ironed the clothes will be perfectly white.

CLOTHES HANGERS.

Loops for hanging garments are always wearing out and breaking, particularly with children's cloaks and coats. To make a

durable loop, cut a strip of kid from an old glove, roll into it a piece of coarse string, and sew the edges of kid neatly together. This loop, fastened securely to a garment, will stand any amount of pulling without wearing or breaking.

CLOTHS, PUDDING, JELLY AND TAMMY, to clean.

Soap must never be used when washing out these cloths after use. Immediately they are finished with they should be soaked for half to an hour in soda water, after which rub them out and rinse carefully in two or three lots of clean water.

CLOVE ESSENCE, to prepare.

Mix together 3½ oz. cloves, ¾ pint proof spirits and ¼ pint water. Stand for a week, then strain.

CLUBS.

It is understood that fellow-members of a club are on speaking terms without an introduction, though introductions pave the way more swiftly to friendly intercourse. Thus a new member would be correct in exchanging a smile or word of greeting or a chance remark with any member in the club, though not personally known to her, but without an introduction she should not presume upon the fact that they are fellow-members.

One cannot, however, lay down any hard and fast rule concerning this matter, as custom varies in different clubs, so it is for the new member to discover for herself what is usual in her own club, but whether she has been introduced or not she should refrain from going up to any members who are conversing together and joining in without waiting for any invitation to do so; in fact, a newcomer should not upon any occasion be too forward in making friendly overtures, that being the recognized prerogative of older members.

Visitors.—Each club member is responsible for the conduct and moral character of any visitors she invites to the club, a point to be considered carefully when giving invitations.

A guest never attempts to pay for anything in the way of meals, refreshments, or service, or to give any orders herself. If she and her member friend wish to share the expense entailed by such a visit, they must settle up privately afterwards. It is the member who is absolute hostess, no matter whether entertaining lady or gentlemen guests.

All club accounts, such as dining, card-room, lecture, dance and other entertainment, or games fees or scores should be settled promptly.

Don't borrow money from other members and don't lend it to them, is an unwritten rule which it is wise to follow.

It is usually considered a breach of etiquette in clubs having a business or professional membership for members to ask favours of that kind of another member who may be more successful and influential than themselves; indeed in some clubs this point has

had to be dealt with in the written rules instead of being merely an unwritten law.

It is certainly permissible to ask the influential one to arrange a future appointment at his or her place of business, and if willingness to discuss the matter there and then is expressed, the supplicant is free to take advantage of the offer.

Mixed Clubs.—In mixed clubs men and women meet on equal terms of good comradeship, with common interests, purely social or otherwise, and the usual club rules apply equally to both sexes unless separate rules are instituted for ladies and gentlemen, or when by common consent of the gentlemen certain little privileges and courtesies may be accorded the ladies, but a lady should not exploit the fact of her sex to secure special favour or shirk any responsibilities or obligations, financial or otherwise.

Where the sexes meet thus in a common fellowship, both should jealously preserve the good name of the club by refraining from any conduct or degree of friendship that may be considered indiscreet, and ladies should rigidly obey any rules restricting their use of smoking-, card- or billiard-rooms, never invading any which may be intended for masculine members only.

COAL, to save.

To make coal last longer it should be sprinkled with a solution of soda and water and allowed to dry before using. Use about a tablespoonful of soda to 2 quarts of water.

COAT COLLAR, to clean.

Rub with cloth or sponge soaked in paraffin or naphtha.

COAT, TEDDY BEAR CLOTH, to clean.

First shake the coat well. Put 3 handfuls of finely ground soap into a pailful of boiling water, adding 2 handfuls of cooking salt. Pour this into a large bath and add sufficient cold water until it becomes the right heat for flannels. Douch the coat up and down in this until the water becomes tepid. This process should be repeated four times, using the same ingredients. For the fifth and last time add less salt and only 3 tablespoonfuls of soap shavings. Rinse and squeeze well, but on no account put through a wringer. Hang out on a windy day on a coat hanger and shake gently at frequent intervals to raise the fur. At night hang in a warm room until dry. Finally brush with a soft hair brush, and comb with a fine comb.

COBÆA (CUPS AND SAUCERS), to cultivate.

A familiar half-hardy perennial, valuable as a green-house climber and also as an outdoor plant for trellis-work or verandah, as with a little protection it will not succumb to the ordinary winter of our climate. It is a useful plant, for in good soil and with liberal watering it will grow rapidly and flower freely during the summer. There are two varieties, the *C. scandens*, with purple bell-shaped flowers, and *C. scandens alba*, with white flowers. Seed

should be sown in early spring, in gentle heat, and the seedlings potted off as soon as they will bear it.

COCK-CROWING, to prevent.

Loosely suspend a small lath about 1½ feet above the bird's perch, so that when he stretches his neck to crow, his comb will come gently in contact with it; this will stop the noise.

COCKROACHES, to destroy.

Mix 2 oz. powdered plaster of Paris with 4 oz. oatmeal and scatter on the floor.

COCKSCOMB, to cultivate. *See* CELOSIA.

COCKTAIL, to mix a good.

Here is a recipe for a delicious cocktail that is not too "heady." Mix together equal parts of gin, French vermouth and cointreau, and well ice.

COCOANUT CREAM.

3 oz. cornflour
1½ pints milk
1½ oz. butter
1½ oz. cocoanut
1 oz. sugar
little carmine colouring

(Enough for five or six people.)

Mix the cornflour with a little of the milk; put the remainder on to boil. When boiling add the cornflour and cook thoroughly, stir in the butter and cocoanut, leaving out a little, add the sugar and colour with carmine, pour into a wet mould, turn out when set and sprinkle over the rest of the cocoanut.

Note.—Ground rice may be used instead of cornflour.

COCOANUT ICE, to make.

Boil till clear 2 lb. sugar and 1 cup water. Pour into a basin wetted with cold water, adding 2 cupfuls desiccated cocoanut. Stir until milky; then spread on a wet or buttered tin. Add cochineal to colour.

COCOANUT KISSES, to make.

Mix together the whites of 3 eggs, 2 cups each of cocoanut and powdered sugar, and 2 teaspoonfuls baking powder. Place upon buttered paper and bake in a brisk oven until slightly brown.

COCOANUT PYRAMIDS, or ROCKS.

4 oz. desiccated cocoanut
6 oz. sugar
whites of 2 eggs

Whisk the whites of eggs to stiff froth and add cocoanut and sugar. Place in rocky or pyramid shapes on rice paper and cook in moderate oven a quarter of an hour.

COCOA STAINS, to remove.

If the stains are freshly made rinsing in two or three changes of boiling water will remove them. If the article is made of too delicate a fabric to stand boiling water, do not attempt to remove the cocoa stains, but send the article to be chemically cleaned.

If cocoa has been spilled on a carpet, rub with a cloth made into a pad and dipped in boiling water.

If the stain is an old one and therefore dry, dip the stained part of the article in boiling water and stretch over a basin or other utensil. Rub the stained part with powdered borax and leave to soak for a moment or so in boiling water. Then rinse and hang out to dry, if possible, in the sun.

COD, to bake.

Cut the fish into slices ½ inch thick, dip into flour and then into 1 egg beaten in 1 tablespoonful milk, and lastly into bread-crumbs with a seasoning of mixed herbs. Baste with butter melted in the baking tin and cook for 20 minutes in a hot oven. Serve with caper sauce.

COD, to boil.

4 lb. cod
salt
vinegar or little lemon juice
lemon and parsley

(Enough for eight people.)

Well wash the fish in salt and water, place it in hot water with a little vinegar or lemon juice and salt, simmer very slowly until cooked, skimming occasionally, and allowing 10 minutes to the pound and 10 minutes over. Drain well, serve on a hot dish and folded serviette, garnish with cut lemon and parsley and serve with oyster, anchovy or any suitable sauce.

COD, to curry.

Cut the fish into large slices, and fry to a good colour with sliced onions. Stew them in white gravy to which has been added 1 large tablespoonful curry powder, 2 or 3 spoonfuls of cream, a little flour and butter, a saltspoonful of cayenne pepper, and a pinch of salt.

COD, FRIED.

Skin and bone the fish and cut into slices about 1½ inches in thickness. Wash thoroughly and dry with clean cloth, dip in well-beaten egg and then in bread-crumbs. Place in boiling fat, but cook slowly afterwards until the fish is cooked through and the outside is nicely browned. After draining off the fat on soft paper, or blotting paper, serve the fish on a paper d'oyley on a hot dish and garnish with slices of lemon and sprigs of parsley. Tomato sauce makes a good accompaniment for this dish.

COD LIVER OIL, to take.

This is best taken in new milk, adding 1 dram of orange juice to every 8 oz. of oil to disguise the disagreeable flavour.

COD LIVER OIL AND MALT EXTRACT, to make.

Add 1 quart water to 1 lb. malt; allow to stand for 2 days and then pass through a sieve. Then add 2 lb. sugar and ¼ lb. honey and simmer for 3 hours. Stir in briskly the contents of a ½ lb. bottle cod liver oil and simmer the whole, without boiling, for 2 hours. Two teaspoonfuls of essence of almonds should then be added.

COD'S ROE, to fry.

1 lb. cod's roe
flour
salt and pepper
egg and bread-crumbs

Wash the roe in salt and water, cook gently for 30 minutes, drain, cut into slices, dip in seasoned flour, coat with egg and bread-crumbs, fry a golden brown in hot fat, and drain on kitchen paper. Dish on a hot dish on a fancy paper; garnish with fried parsley. If for a luncheon dish serve a piquante sauce with it.

COD STEAKS, to steam.

Place on a greased pie-dish a 2 lb. steak of cod and cook in the oven for half an hour. Remove bones, etc., and keep hot. Take 2 hard-boiled eggs, separating the yolks from the whites, and rub the former through a sieve, whilst the latter should be chopped. Make ½ pint white sauce or melted butter, add the whites and pour all over the fish. Decorate with yolks and parsley.

COFFEE, to prepare in a saucepan.

Add 1 dessertspoonful freshly ground coffee to every half-pint water. Use an earthenware or fireproof china saucepan and bring the coffee almost to the boil. Then remove from the fire, stir well, and again allow nearly to boil. Repeat this twice and a thick scum will have risen to the top. Stand by the side of the fire, cover the pan and allow to settle. Serve with boiling milk.

COFFEE, to roast.

The following is the method of roasting coffee employed in France. Add a piece of butter the size of a walnut and 1 dessertspoonful powdered sugar to every 3 lb. coffee which should then be carefully roasted in a tin in a slow oven or in a frying-pan on the fire. It is better to use a rotating coffee roaster.

COFFEE, BLACK, to make.

Black coffee (*café noir*) should be made very strong and served in very small cups, well sweetened but never mixed with milk or cream. *Café noir* may be made of the essence of coffee, by pouring a dessertspoonful into each cup, and filling it up with boiling water. This is a very simple and expeditious manner of preparing coffee for a large party, but the essence for it must be made very good and kept well corked until required for use.

COFFEE, CORN, to prepare.

Take an ear of dry corn and roast until the tips of the kernels are black. Then break the ear in pieces, put in a bowl and pour over it a pint of boiling water. Drink when cold.

COFFEE, ICED, to prepare.

8 oz. coffee
1 quart water
1 pint milk
2 eggs
cream
sugar

Make the coffee and allow it to get cold, beat the eggs very lightly, add them with the milk to the coffee, add cream (about 1 gill) and sugar to taste. Stand in a refrigerator for 5 or 6 hours. A pail containing ice and salt will answer the purpose. The coffee can be stood in it in a jug or milk-can, but it must be allowed to freeze.

COFFEE MOULD, to prepare.

¾ pint of milk
½ oz. gelatine
2 tablespoonfuls coffee essence
2 tablespoonfuls sugar

(Enough for three or four people.)

Soak the gelatine in a little cold milk; when dissolved add it to the remainder of the milk and coffee essence and boil; add the sugar, pour into a wet mould, turn out when set. Strong coffee can be used instead of essence, but it must be very carefully strained.

COFFEE STAINS, to remove.

Remove in the same way as cocoa stains.

COLCHICUM (MEADOW SAFFRON), to cultivate.

A family of hardy bulbs, valuable because they bloom late in autumn. They are hardy, but do best in a moist situation. Give them a suitable position where the bloom will not be splashed with earth by the autumn rains. A sunny, well-drained spot in the rock garden is excellent.

COLD CREAM, ORIENTAL, to prepare.

2 oz. oil of sweet almonds
1 dr. white wax
2 oz. spermaceti
2 oz. rose water
½ oz. orange flower water

Melt the wax and spermaceti whilst heating gently and pour in the rest of the ingredients at the same time, shaking vigorously.

The above should be applied with cotton or linen cloth.

COLD IN THE HEAD, to treat.

An extra blanket should be put on the bed, and a hot glass of milk or home-made lemonade with 1 or 2 tablespoonfuls of whisky taken on retiring. The head should be held over a jug of steaming water and the vapour inhaled through the mouth and nose. *See also* CATARRH.

COLDS, A POWDER FOR, to make.

Thoroughly mix together 4 oz. poplar bark, 8 oz. bayberry, 1 oz. cinnamon, and 2 dr. cayenne. From half to one teaspoonful should be placed in half a pint of well-sweetened boiling water and taken hot at bedtime.

COLEUS, to cultivate.

This plant, valued for the beauty of its foliage, is usually classed as a green-house perennial, but in view of the difficulty of keeping it through the winter it is better to treat it as an annual and raise it from seed from year to year. Sowings should be made in March —in pots rather than in pans, so as to have depth of earth—in sandy loam with moist heat, but the seedlings must be watered judiciously, as they are liable to damp off. The varieties are not always apparent until the plants have reached a good size; the strongest are those which are simply green and black, but those with the more delicate tints of pink and yellow are best worth attention. The final pots should be of moderate size only—large pots induce free growth to the detriment of colour.

COLIC, to relieve.

The common cause is eating indigestible food, especially unripe fruit. Relief may be obtained by applying hot flannels or hot bran to the stomach and drinking hot lemonade or a wineglassful of peppermint with a pinch of cayenne pepper. Give castor oil or Gregory powder to relieve the bowels.

COLLARS AND CUFFS, to dry and gloss.

Do not hang them so that they come in contact with the clothes line. Put a piece of tape through the buttonhole and tie on to the line.

To gloss, iron first of all lightly on the wrong side. Then turn the collar over and rub quickly and evenly with a piece of flannel or cloth made into a small pad and dipped in French chalk, afterwards rubbing over quickly and evenly with a piece of white soap (not ordinary washing soap). If possible, complete the ironing on the right side without returning to the under side, and if you have a special glossing iron finish off with this.

COLLOPS, to mince.

Place in a pan over a moderate heat. Stir well with a fork until the pieces are separated, otherwise they will run into knots. Just cover them with hot water, adding pepper and salt, and a little flour mixed smoothly in cold water. Simmer for three-quarters of an hour or longer.

COLUMBINE, to cultivate.

This is a deservedly popular plant. Its flower can be divided into parts each of which resembles a *columba* or dove. If protected with litter during the winter it will thrive in ordinary soil. The best method of propagation is by root-division.

COMBS, to clean.

Do not wash, as this is likely to make the comb become warped and consequently liable to break easily. Run a piece of old linen backwards and forwards between the teeth and then polish the comb

with a piece of soft rag with a perfectly smooth surface. Do not use rag with a fluffy surface, as this will only leave the fluff on the comb. Never let combs get so dirty that it is absolutely essential to wash them.

COMPLEXION, to improve the.

Rub into the skin 2 tablespoonfuls of milk mixed with a level tablespoonful of salt. Allow to dry on and remain till the following morning.

CONCRETE, GRAVEL, to make.

Mix to a creamy consistency 4 barrows slaked lime well soaked with water and $7\frac{1}{2}$ barrows sand. Throw in stones of any shape (up to about 9 inches in diameter) and allow to harden.

CONCUSSION, symptoms of.

Concussion of the brain caused by a blow or a fall is indicated when the eyes are shut, the face very pale, and the breathing slow. Vomiting frequently follows immediately and this gives relief. The patient should be put to bed, kept warm and given a warm drink. The doctor should be immediately sent for.

CONGESTION OF THE LUNGS, or PNEUMONIA.

Pneumonia may affect one or both lungs. It is contagious and will often affect one member after another of a household. One attack renders the person more liable to another.

Causes.—Cold, insufficient food, intemperance.

Symptoms.—Begins suddenly with shivering fits and sometimes vomiting. There is a pain in the side which is aggravated by breathing. Cough and rusty expectoration. The tongue is furred. Blisters appear at the angles of the mouth. The patient looks anxious. The eyes are bright and the cheeks flushed. As the disease advances the breathing becomes quick and shallow. High fever is present. In favourable cases, on the fifth to the eighth day, when the patient seems to be at his worst, the temperature drops in a few hours, breathing becomes slower and recovery commences.

Treatment.—A linseed meal poultice should be applied to the side where the pain is complained of. A teaspoonful of compound jalap powder may be given. If the patient becomes delirious, he should be watched night and day to see that he does not get out of bed, or do himself injury. If the breathing becomes quick and the face blue, a good dose of brandy should be given.

Mortality from the disease is great even under the most favourable circumstances and skilled treatment.

CONSOMMÉ, to prepare.

good stock
1 carrot
1 turnip
1 onion or shallot
stick of celery
2 whites of eggs
2 shells
$\frac{1}{2}$ lb. lean beef
sherry

Shred the beef finely, removing all the fat, put in basin with some of the stock, add the whites of the eggs and crushed shells and

whisk all well together; put the remainder of stock in a white-lined pan, add well prepared vegetables and the clearing ingredients, whisk well together, remove the whisk and allow to boil gently for 20 minutes. When clear pour gently through a cloth which has had boiling water poured through first; the sherry must be passed through the cloth; the garnish, from which the soup takes its name, must be carefully prepared; cooked vegetables must be rinsed with hot water and put in the soup tureen, and the consommé poured in gently.

Consommé as above with strips of vegetables, *Consommé à la Julienne;* with fancy shapes of custard, *Consommé à la Royal;* with small cubes of vegetables, *Consommé à la Brunoise;* with French plums and leeks, *Consommé à la Portugaise;* with vegetables cut in small fancy shapes, *Consommé à la Jardiniére.*

CONSTIPATION, the treatment of.

Everything should be tried before drugs are used to relieve the condition. Fruit, vegetables, brown or whole meal bread, oatmeal, salad and oil, should be amongst the articles of diet. Plenty of fluid should be taken with the meals. A glass of cold water at bedtime and another on rising is often enough to correct the condition. A walk should be taken daily, and, if the patient can stand it, a cold bath in the morning. If all these simple remedies fail a teaspoonful of Carlsbad salt should be taken in a tumbler of hot water every day before breakfast, or a half to one teaspoonful of the liquid extract of cascara at bedtime.

Constipation in infants is often troublesome; glycerine should be injected into the bowels, or a pointed bit of soap inserted in the anus. A few drops of castor oil is the safest thing to give a newly-born infant if the bowels require moving.

CONSUMPTION, treatment of.

The diet should include eggs, milk, cream, bacon fat, light suet pudding, haricot beans; soup made with mixed vegetables is spoken very highly of. Fruit of all sorts is beneficial—especially bananas. Cod liver oil is advisable. Salads soaked in oil should be taken. Antiseptic inhalations are useful to relieve the cough, and prevent the formation of phlegm; a teaspoonful of Friar's balsam, oil of eucalyptus or pine, should be put in a jug, and a quart of boiling water added. The vapour should be inhaled every night at bedtime. A respirator may be worn over the mouth and a small piece of sponge soaked in either of the above put inside. It should be put on for a half an hour to an hour every day. The air in the room may be kept sweet, and antiseptics inhaled without the irksomeness of wearing a respirator, if a few drops of eucalyptus in oil of pine are sprinkled on the pillow before retiring to bed.

CONVALLARIA MAJALIS, to cultivate. *See* LILY-OF-THE-VALLEY.

CONVERSATION, use of a person's initial only after the prefix Mr., Mrs. or Miss.

No lady or gentleman should address or speak of another with the prefix "Mr.," "Mrs.," or "Miss" added to the initial letter only of the surname, for instance, as "Mr. A.," "Mrs. B." or "Miss C." Such occasions as when the fault is committed intentionally, in fun, are of course not within the scope of rules of etiquette.

It is right to address people by name when you wish to attract their attention, or occasionally during the course of conversation, but constant repetition is ill-bred and irritating.

CONVOLVULUS.

This plant is also sometimes called Morning Glory. It is a half-hardy perennial and is often raised in heat for a green-house climber, but it will do well in the open if not sown before May. There are numerous varieties of many colours—white, blue, violet and crimson—and though it may be considered a common plant, its graceful growth and brilliant bloom render it most valuable not only for trellises and arbours but also for temporary pyramids in the open border.

CONVULSIONS.

Causes.—Usually the result of some physical weakness and generally occurs in children of under six months.

Symptoms.—The child grows restless and its limbs twitch—generally beginning with the hands. The eyes become fixed, the body stiff. Breathing is suspended for a moment and the face becomes flushed. Next the child's eyes commence to move, or roll, wildly, the limbs contract in spasms and the child may froth at the mouth. The attack gradually passes off, when the child either becomes unconscious, or falls asleep through exhaustion. The number of fits to which the child is subjected depends upon the cause. If the fits follow each other in rapid succession, the child usually dies from exhaustion.

Treatment.—Loosen the clothing and remove anything which may restrict breathing in any way. If necessary place fingers between the gums and force open the child's mouth. If the fit is a really severe one, the child should be placed in a warm bath to which a little mustard has been added and allowed to remain in it for about a quarter of an hour, during which time its head should be sponged with cold water. The child should then be at once put to bed. A doctor should, of course, be sent for at once.

COPPER, to brighten.

Dissolve a little salt in buttermilk and apply to the article.

COPPER, to dissolve.

This may be dissolved by immersing it in strong acetic acid.

COPPER IN LIQUIDS, to detect the presence of.

Pour a little of the liquid into a glass vessel and add a few drops of spirits of hartshorn. The liquid will turn blue if it contains copper.

COPPER UTENSILS, to clean.

First wash in hot water, then rub on salt, fine sand and vinegar mixed, with a piece of flannel. Remove all traces of vinegar by washing in warm water. Then dry and polish the exterior with whiting or metal polish. To retain brightness of metal rub a little sweet oil on every few days.

COREOPSIS, to cultivate. *See* CALLIOPSIS.

CORKS, to remove.

Push a piece of stout string into the bottle, turn the bottle until the cork is caught in the loop and then pull out the cork forcibly.

CORKSCREW, a substitute for.

An ordinary screw with a piece of string attached to pull the cork forms a handy substitute.

CORNFLOUR, CUP OF, to prepare.

2 teaspoonfuls cornflour
½ pint milk
sugar to taste

Mix the cornflour smoothly with a little of the milk; put the rest into a saucepan. When boiling pour it on to the cornflour. Boil for a minute or two, stirring all the time; add the sugar and pour into a breakfast cup. A teaspoonful of good brandy may be added if liked.

Note.—To make a cup of cornflour into a pudding if not used, allow it to cool, add sugar and yolk of an egg and stir in lightly the whipped white. Pour into a buttered dish and bake about 10 minutes.

CORNFLOUR MOULD, to prepare.

2 oz. cornflour
1 pint milk
1 oz. sugar
flavouring

(Enough for three or four people.)

Mix the cornflour with a little cold milk, add to the milk when boiling, stir until it thickens, then boil for 5 minutes, stirring well all the time; add sugar and flavouring, pour into a wet mould, and turn out when set.

Note.—Ground rice mould can be made as above, using 2½ oz. ground rice to 1 pint milk.

CORN PLASTER, to make.

Melt 1½ oz. yellow wax, 2 dr. lanoline and 1 dr. rosin on a gentle heat. Add 1½ dr. turpentine, 1 dr. salicylic acid and 1 dr.

balsam of Peru, and mix the whole carefully by stirring. While hot spread the mixture evenly on linen or white sheepskin. When cool cut into pieces as required.

CORNS, the treatment of.

A simple remedy is to soak the feet for half an hour, for two or three successive nights, in a strong solution of soda. This will dissolve the hard cuticle which forms the corn.

Mere washing of the feet with soap and water and rubbing the corns well with the fingers will often produce an alleviating effect. In fact, slight corns can be cured in two or three days merely by this simple treatment, and even chronic corns will yield to it provided the process is persevered with.

CORNS AND WARTS, a rapid cure for.

Stand a small piece of potash in the open air until it powders and then mix to a paste with powdered gum arabic and apply on the affected part.

CORNS, SOFT, to treat.

Always kept the feet scrupulously clean and dry. Be careful to dry between the toes after a bath. Protect the tender place from pressure or friction by placing a pad of wash-leather in position. This can be secured by strips of adhesive plaster.

CORN SOLVENT, DAVY'S, to make.

Take 2 parts of potash and 1 of sorrel and reduce to a fine powder. Place a small quantity of the powder on the corn for four nights in succession. Use a piece of clean linen rag for binding.

COTONEASTER.

There are several varieties of this plant, but the most useful one is the well-known wall-cotoneaster—a small-leafed, dense-growing evergreen, blossoming in spring into a mass of white bloom and afterwards crowded with bright crimson berries, which remain a beautiful sight for many weeks unless exposed to a violent wind, while its close growth renders it most useful for hiding ugly patches of wall. The trailing kinds of the cotoneaster, commonly called rockspray, are valuable in the rock garden and are quite easy of culture and propagation.

COTTON VOILE, to wash.

First wash and rinse in the usual way and then dip the article in a solution of 1 teaspoonful of powdered gum arabic and ¾ pint water. Roll it up in a towel and iron whilst still damp.

COUGH MIXTURE, to prepare a.

4 oz. honey	1 gill vinegar
4 oz. golden syrup	2d. paregoric

Mix all together, using a *bone* spoon. Take a teaspoonful three times a day, or when the cough is troublesome.

COUGHS, a good cure for.

Take the white of an egg and fine sugar and beat to a froth. Take 1 teaspoonful three or four times at hourly intervals.

COW HEEL, to boil.

Wash a cow heel and place it in a saucepan. Cover with salted water and bring slowly to the boil, skimming frequently. Simmer gently for 2 hours; then remove the meat from the bones and serve with parsley sauce.

COWS, to improve the milk of.

Give to the cows 3 oz. cod liver oil night and morning with their usual food. This will produce sweet and delicate milk and butter during the spring months at a very low cost.

CRAB, to choose.

If they are fresh, they are heavy and stiff and should never be bought otherwise.

CRAB, to dress.

1 crab
1½ oz. bread-crumbs
2 oz. butter
chopped parsley
lemon juice
salt and pepper
coraline pepper

(Enough for three or four people.)

Separate the crab, take meat out carefully from the small claws, mix it with the inside of the crab, add the bread-crumbs, butter, lemon juice and seasoning, make it into a paste, wash and dry the shell, put in the mixture, flake the white meat from the large claws finely, pile it on each side, and decorate it with chopped parsley and coraline pepper.

CRAB LOUSE, to treat.

Sulphur or blue ointment should be rubbed well in at night, and the following morning a hot bath taken. This treatment should be repeated the following evening. Paraffin oil will kill the parasites, but not their eggs.

CRAMP IN THE LEGS, to relieve.

Press the feet firmly against the end of the bed or some cold, hard object.

CRANBERRY SAUCE. *See* SAUCE, CRANBERRY.

CRANBERRY TART. *See* TARTS, FRUIT.

CREAM, to keep.

Scald without any sugar and it will keep for 24 hours. If sugar is added it will keep for 36 hours providing that it is kept in a cool, airy place.

CREAM, to whip.

Place cream in a cold basin, and keep in a cool place whilst whipping it. Whip gently with a wire whisk until it begins to thicken, then increase the speed. Be careful not to overwhip as it soon turns to butter in warm weather. If, however, this does happen, continue to whip until it becomes butter and use for cooking. If the whipped cream is not required immediately, allow it to drain on a hair sieve in a cool place.

CREAM, ALMOND, to prepare.

Beat together 2 oz. sweet almonds and a few bitter ones. Place in 1 pint boiling cream, sweeten with sugar, add the juice of a lemon and 6 eggs. Beat to a froth and place in a dish with the froth on top.

CREAM, BEAUTY, to prepare.

3 dr. powdered alum
1 dr. boric acid
40 drops tincture of benzoin
40 drops olive oil
5 drops mucilage of acacia
Rose (or any other perfume) sufficient to perfume
Rice flour (quantity sufficient to make up the cream)
Whites of 2 eggs

Mix the alum and whites of eggs, dissolving the former by constant even stirring at a very slight heat. Care must be exercised to avoid " lumping " of the egg albumin. This can be done more successfully in a warm water bath. Half immerse the smaller vessel containing the white of the eggs in another larger one at a suitable low temperature. Continue stirring until the liquid part of the egg disappears. Allow the residue so obtained to get completely cold and then add the boric acid, tincture of benzoin, oil and mucilage. Stir together thoroughly, at the same time adding and rubbing up sufficient rice flour to give the cream its desired consistency. Finally add the perfume and keep in a suitable jar.

CREAM, CHOCOLATE, to prepare.

½ pint milk
3 yolks of eggs
2 bars chocolate
sugar to taste
½ oz. leaf gelatine
½ pint cream
vanilla essence
pistachio nuts
lemon or wine jelly

(Enough for five or six people.)

Dissolve the gelatine in a little water, make a custard with the milk (in which the chocolate has been dissolved) and eggs, stir till it thickens, strain in the gelatine, add the sugar and allow it to cool. Whip the cream, add it to the custard with the vanilla essence. Pour into a mould masked with wine or lemon jelly and decorated with pistachio nuts.

CREAM, COFFEE, to prepare.

½ pint milk
2 eggs (yolks)
2 oz. sugar
½ pint cream
½ oz. gelatine
1 gill strong coffee or coffee essence to taste
little wine jelly

(Enough for five or six people.)

Dissolve the gelatine in a little water or milk, make a custard with the yolks of eggs and milk, cook till it thickens, add sugar, strain in the gelatine, and add the coffee or coffee essence. When cool add the whipped cream; mask the mould with a little wine jelly. Allow it to set before pouring in the cream. To unmould dip in warm water and turn on to a cold dish.

CREAM OF TARTAR, CONFECTION, to make.

1 oz. cream of tartar
1 dram jalap
½ dram powdered ginger

Mix these ingredients into a thick paste with treacle and give in doses of 2 drams as a purgative.

CREAM, PINEAPPLE, to prepare.

¼ pint milk
3 yolks of eggs
2 oz. sugar
¾ pint pineapple syrup
lemon jelly
½ pint cream
¾ oz. gelatine
3 or 4 oz. pineapple
1 wineglassful noyeau

(Enough for five or six people.)

Make a custard with the milk and yolks of eggs, stir till it thickens, add the sugar, dissolve the gelatine in the syrup, and strain into the custard. When cool add the whipped cream and pulped pineapple; flavour with noyeau. Mask the mould with lemon jelly. Then pour in the cream.

CREAM, RASPBERRY, to prepare.

raspberry jam
½ pint cream
½ oz. gelatine
lemon juice
sugar
noyeau
carmine colouring
lemon jelly

(Enough for five or six people.)

Heat the jam, rub it through a hair sieve—enough to make half a pint of purée—dissolve the gelatine in a little water, strain into the purée, add lemon juice and noyeau, and colour with carmine. Whip the cream, stir to the purée, mask the mould with lemon jelly, and pour in the cream. Turn out when set and garnish with chopped jelly.

Note.—Fresh raspberries can be used. One pound should make a half-pint of purée.

CREAM, RHENISH, to prepare.

6 yolks of eggs
½ pint sherry
1 pint boiling water
1 oz. gelatine
rind and juice of 2 lemons
sugar to taste

(Enough for five or six people.)

Dissolve the gelatine in the boiling water, allow it to cool, add to the beaten yolks, cook in a double saucepan until it thickens, add the grated lemon rind, juice, sherry and sugar to taste. Pour into a wet mould.

CREAM, STRAWBERRY, to prepare.

1 lb. strawberries
½ pint cream
½ oz. leaf gelatine
2 or 3 oz. sugar
pistachio nuts
carmine colouring
lemon juice
lemon or wine jelly

(Enough for five or six people.)

Rinse a fancy mould with water, cover the bottom with jelly and set on ice; arrange some whole small strawberries with some chopped pistachio nuts and set with some more jelly. Pick the strawberries and rub them through a fine sieve, to the purée (about half a pint); add the lemon juice and gelatine dissolved in water and strained. Whip the cream and add to the other ingredients, sweeten and colour it; pour into the mould.

Note.—A little brandy may be added if liked and strawberry jam can be used instead of the fresh fruit.

CREAM, VANILLA, to prepare.

¾ pint cream
½ oz. gelatine
½ gill water
½ oz. sugar
vanilla essence
preserved fruits to decorate
wine jelly

(Enough for five or six people.)

Rinse the mould with cold water, pour in a little melted wine jelly, and set on ice. When firm make a pretty decoration of preserved fruits, cover with jelly and allow to set. Dissolve the gelatine in a little water, whip the cream, strain in the gelatine, add the sugar and vanilla to taste, stir all together carefully and pour into the mould.

CRESS, to grow. *See* MUSTARD AND CRESS.

CRETONNE COVERS, to clean.

Where it is impossible to clean fancy cretonne covers with soap and water, make a thick paste of starch and water and cover the soiled and stained surface. Allow it to remain until quite dry, when it can be brushed off. Repeat the operation until stains are removed.

CRICKETS, to destroy. *See* BEETLES.

CROCUS, to cultivate.

Plant bulbs in October or November, some 3 inches deep, in a rich sandy loam. Take bulbs up every third year after the leaves have withered, for division and transplantations.

For pot culture grow the bulbs in well-drained, shallow boxes filled with rotted manure and leaf-mould, from which they may be separately transplanted into the ornamental pot or basket as soon as they begin to bloom, thus securing a successive display of flowers in the same stage of development in each pot. *See also* BULBS, to grow in bowls.

CROQUETTES, EGG, to prepare.

3 hard-boiled eggs	1 gill milk
1 oz. butter	salt and pepper
1 oz. flour	egg and bread-crumbs

(Enough to make eight croquettes.)

Chop the hard-boiled eggs, make a panada with the butter, flour and milk, add the eggs, season with salt and pepper, mix well, place on a wet plate, divide into equal portions, set aside to cool; form into cork shapes, coat with egg and bread-crumbs, and fry a golden brown in hot fat. Serve on a hot dish on a fancy paper; garnish with fried parsley.

CROQUETTES, FISH, to prepare.

¾ lb. cold fish	anchovy essence
1 oz. flour	salt and pepper
1 oz. butter	egg and bread-crumbs
1 gill milk	parsley

(Enough to make eight croquettes.)

Remove all skin and bones from the fish, flake finely, make a panada with the butter, flour and milk, add anchovy essence and season nicely; add the fish, turn the mixture on to a wet plate, divide into equal portions and allow it to cool; form into croquettes, cork shape, coat with egg and bread-crumbs, and fry a golden brown in deep fat. Serve on a hot dish with fancy paper; garnish with fried parsley.

CROQUETTES, MEAT, to prepare

½ lb. minced meat	1 teaspoonful chopped parsley
1 oz. butter	1 teaspoonful Worcester sauce
1 oz. flour	1 teaspoonful anchovy sauce
1 egg	little nutmeg
¼ lb. mashed potatoes	salt and pepper
1 gill stock	egg and bread-crumbs

(Enough for four or five people.)

Make a panada with the butter, flour and stock, mix with the meat and potatoes, add the flavourings and the raw egg and season well. Place the mixture on a wet plate, divide in equal portions and allow it to cool. Form into cork-shaped pieces, coat with egg and bread-crumbs, fry in hot fat, serve on hot dish with fancy paper and garnish with fried parsley.

CROQUETTES, RICE, to prepare.

4 oz. rice	flavouring
1 pint milk	egg and bread-crumbs
1 oz. sugar	angelica

(Enough to make eight or ten croquettes.)

Put the rice on in a saucepan to cook with the milk and flavouring. When tender and all the milk absorbed add the sugar, turn on to a wet plate, divide into equal portions and set aside to cool. When firm roll into balls, using a few crumbs; coat with egg and crumbs, fry a golden brown in hot fat, drain well, and put a small strip of angelica into each to look like a stem. Serve on a hot dish with lace paper with jam or jam sauce.

CROUP, a cure for.

½ teaspoonful warm olive oil to be taken every 10 or 15 minutes. Rub the chest, windpipe, and between shoulders with warm oil. Soak a piece of new flannel in oil and lay on both back and chest. Two doses will usually suffice to quieten a child for the night. Repeat when child coughs during the next few days.

CROÛTES.

These are large pieces of fried, or toasted and buttered bread on which entrées are frequently served.

CROÛTONS.

These are small fancy-shaped pieces of bread, either fried, or toasted and buttered, which are sometimes used for serving hors-d'œuvres, but more frequently for decorating mince, hash, or entrées.

CROWING, CHILD, treatment of.

Immediately the child is seized with a paroxysm, pull the tongue forward to open the windpipe, and dash cold water upon his head and face. Put him in a hot bath of water, salt and mustard, still dashing cold water on his head. If he does not quickly regain his breath, shake him vigorously or smack him sharply on the back and buttocks.

Crowing occurs only during teething, so it is important that the gums should be carefully attended to and lanced if necessary. Keep the child in the fresh air as much as possible and pay great attention to the diet.

CRUMPETS, to make.

1 quart warm milk	½ gill yeast
1 teaspoonful salt	flour enough for a batter, not very stiff

When light, add half a cup of melted butter, or a cup of rich cream. Let it stand 20 minutes, and then bake it as muffins, or in cups.

CUCUMBER, to cultivate.

A supply may be had all the year round if grown under glass with proper heating or even with a hotbed and frame. Sow in January to procure cucumbers in April and so on—allowing three months for growing.

The soil should be of turfy loam and leaf-mould, if possible, and the secret of success depends on allowing nothing to check rapid growth. The temperature should not fall below 60 degrees at any time. Never allow roots to get dry and always use water the same temperature as the house.

CUCUMBERS, slicing for salads, etc.

Always commence at the thick end—not at the stem end. If the whole of the cucumber is not being used at once, cut a very small piece off the stem end and stand in water. This will prevent the cucumber from becoming flabby.

CUPS AND SAUCERS, to cultivate. *See* COBÆA.

CURDS AND WHEY, to prepare.

To 1 pint new milk (boiling) add a cupful of sour milk and boil briskly. Allow to simmer for a few minutes when it will become curds and whey. A simpler method is to add 1 dram citric acid to 1 quart milk.

CURRANT BUSHES, BLACK, the care of.

With the blackcurrant the pruning for fruit production is quite different from that of red and white currants. On the blackcurrant the fruit comes from the young growth, the growth of the previous year. It follows, therefore, that an annual thinning out of the old wood must be made, so as to get new fruit-bearing wood for each successive season. While with red and white currants the object in view is to produce good spurs of wood, with the blackcurrant no spurs must be permitted, for as the fruit is produced from the wood of the second year the growth of new wood must be encouraged and the bush kept well open in the centre to light and air. Finally, it should be borne in mind that the blackcurrant bush is a strong grower and therefore requires a good soil and heavy dressings of manure to enable it to produce fine fruit.

CURRANT BUSHES, RED AND WHITE, the care of.

In the case of red and white currants the fruit is borne by the old wood, and as soon as the requisite form of the bush has been attained the pruning should consist in cutting away annually the young shoots, leaving only those which may be needed as new branches for extending the size of the bush or for retaining its proper form. The lateral shoots should be cut back to within half an inch of the bud, the effect of which will be to cause large clusters of spurs to be formed in due time, and from these spurs the bunches of fruit are produced. As the bush grows old the spurs may

perhaps become overcrowded, and it will then be necessary to thin them out, while any old moss-grown wood should be removed as soon as it appears.

The pruning above described may be done at any time from November to February, but not later, and in the autumn the ground should be manured and gently forked over. In the spring, as soon as the buds begin to swell, a good dressing of soot should be given both to the bushes and ground, as this is a preventative against the attacks of caterpillars and is also beneficial as a manure.

CURRANT JUICE, to procure.

Select the largest currants and put them into a jar which should be stood in a saucepan of boiling water. Simmer till all the juice is extracted and then strain.

CURRANTS, to dry.

Beat up the whites of eggs or a little gum arabic in water, and after dipping in the bunches and letting them get a little dry, roll in finely powdered loaf sugar. Now place them on a sieve in an oven to dry, and keep turning and adding sugar until they are thoroughly dried. Red, white, and blackcurrants and even grapes in bunches may be thus dried and preserved. They should be carefully kept dry in paper-lined boxes.

CURRY, FISH. *See* FISH CURRY.

CURRY OF COLD MEAT, to make.

1 lb. cold meat	¾ pint stock
1 apple	lemon juice
1 onion	salt
1 oz. flour	¼ lb. Patna rice
1 oz. curry powder	parsley
2 oz. butter	

(Enough for five or six people.)

Trim the meat, cut it into neat slices; melt the butter in a stewpan; cook the finely-chopped apple and onion, remove it and cook the flour and curry powder from 15 to 20 minutes. Add the stock gradually, stir till it boils, then allow it to simmer gently with the apple and onion. Season well with lemon juice and salt, put in the meat, reheat, but do not boil. Serve in the centre of a border of well-cooked rice; garnish with cut lemon and parsley.

CURRY POWDER, to prepare.

1 oz. each of ginger and pepper, 3 oz. each of coriander seed and tumeric, ½ oz. cardamums, ¼ oz. each cayenne pepper, cinnamon and cummin seed. Pound them finely, sift and cork tightly in a bottle.

CURRY POWDER, to prepare. (Another recipe.)

4 oz. each of tumeric, coriander and black pepper, 3 oz. fenugreek, 2 oz. ginger, 1 oz. each of cummin seed and ground rice, and ½ oz. each of cayenne pepper and cardamums.

CURTAIN HOOKS AND RINGS, to prevent from rusting.

Before putting them on the curtains rub with an oily rag.

CURTAINS, CHENILLE, to wash.

Make a lather by thoroughly stirring 2 oz. of powdered soap-bark in warm water, and place the curtains in it. Stir and move the curtains about in the water without rubbing and allow them to remain until the following day. Rinse, and hang while still wet. Press while damp.

CURTAINS, LACE, to bleach.

Mix 1 part of chloride of lime in 8 parts of water. Allow the mixture to stand for 3 days, shaking at intervals. After straining, add ½ pint of the mixture to 1 gallon of water. The curtains should be steeped in the solution for 24 hours after they have been washed and rinsed. Finally rinse and starch.

CURTAINS, LACE, to wash.

Add a good handful of salt and soak overnight in cold water.

CUSTARD, BAKED.

Prepare as for steamed custard, but pour into a small buttered pie-dish, grate a little nutmeg on the top, and bake in a moderate oven until just set. On no account allow it to boil—otherwise the egg will curdle.

CUSTARD, CARAMEL, to prepare.

4 yolks of eggs
¾ pint of milk
1 oz. sugar
vanilla essence
10 lumps of sugar
½ gill water
1 teaspoonful lemon juice

(Enough for three or four people.)

To make the caramel put the water, sugar and lemon juice in a saucepan and boil together until a rich brown. Pour into a warm mould and turn the tin round until it is coated all over. For the custard beat up the yolks of eggs, add the sugar and vanilla essence, add the milk, strain it into the mould, cover with greased paper and bake very slowly in a moderate oven, standing the mould in a flat tin with water in it. Turn out carefully and serve hot or cold.

CUSTARD, CHOCOLATE, to prepare.

This is a tempting and wholesome sweet for very young children. Make a boiled custard with 1 pint milk, 3 whole eggs well beaten, 3 tablespoonfuls of sugar, 1 oz. grated chocolate or cocoa moistened with milk, and when cooked, flavour with vanilla essence.

CUSTARD PUDDING, BAKED.

Warm the milk before adding the eggs and place the dish in a pan of cold water before placing in the oven. It will then not "break."

CUSTARD, STEAMED, to prepare.

1 egg	1 gill milk
butter	1 teaspoonful sugar

Beat the egg, add the milk and sugar, pour into a buttered cup or mould, cover with buttered paper and steam for about 20 minutes.

CUTLERY. *See* KNIVES.

CUTLETS, DURHAM, to make.

¼ lb. minced meat	¼ pint stock
1 oz. butter	1 dessertspoonful Worcester sauce
1 oz. flour	salt and pepper
3 or 4 tablespoonfuls bread-crumbs	egg and bread-crumbs

(Enough for four or five people.)

Make a panada with the butter, flour and stock, mix with the meat and bread-crumbs, add flavourings and season well. Put the mixture on a wet plate, divide into equal portions and allow to cool. Form each portion into a neat cutlet shape, put an inch of raw macaroni into the end of each to represent the bone, coat in egg and bread-crumbs and fry in hot fat. Arrange in a circle round a high croûton of fried bread on a hot dish with fancy paper, and garnish with fried parsley.

CUTS, to treat.

The smallest cut should never be neglected. The wound should be sucked and then put under the tap, and afterwards bathed in Condy's fluid or other antiseptic. Friar's balsam will stop the bleeding, and is antiseptic also.

CYCLAMEN, to propagate.

Seed should be sown in October or early in November, in pans filled with good loam and leaf-mould with a liberal addition of sand to ensure free drainage. They may be transferred to an open border after two or three years. Store tubers after leaves and flowers have matured and reset about end of November.

CYTISUS, BROOM, to cultivate.

This beautiful flowering shrub is well worth cultivation and is most useful for clothing rough banks of dry or poor ground where many other plants would soon perish. Its rich yellow blossoms give a fine effect of colour, and by using plants of various kinds of broom a succession of bloom may be obtained from early spring to late autumn. Although yellow is predominant there are other colours of broom to be had, such as the White Spanish Broom (*C. Albus*), the Purple Broom (*C. purpureus*), and the crimson-brown of Andre's Broom. Many kinds will grow freely from seed, even when scattered at random, but in that case it is well to give some care to the protection of the seedlings in their early growth.

DAFFODILS. *See* NARCISSUS.

DAHLIA, to cultivate.

Seed sown in February will quickly develop into seedlings which will flower as early as plants grown from tubers. Sow thinly in pans of ordinary compost and cover with a light sprinkling of earth. Pot off when about an inch high and keep in a moderate heat. Shift into larger pots and gradually harden for transfer to the open. The soil should be a good, rich hazel loam.

DAISY, to cultivate.

A hardy perennial which, when planted in large clumps, gives an excellent effect. It may be grown from seed or by division of the roots in autumn.

DAMP IN CUPBOARDS, to remove.

Place a box of quicklime in the cupboard and it will rapidly absorb the moisture.

DAMSON JAM. *See* JAM, DAMSON.

DAMSON TART. *See* TARTS, FRUIT.

DANCING ETIQUETTE.

At certain public balls and dances where admission is gained by tickets which anyone can buy, it is an accepted custom for stewards or M.C.'s to be present for the purpose of finding partners for those without them, the necessary introductions being then made merely for the sake of allowing partnerless visitors the pleasure of joining in the diversion of the moment without in any way constituting a definite acquaintance.

Cricket, tennis, and other sports club balls and dances are generally very enjoyable functions, tickets usually being obtained through members of the club, who are held responsible for the standing and demeanour of those thus introduced.

Dances are also arranged by various clubs and societies, and by many business organizations for employees and their friends. In these cases individual rules and points of etiquette may prevail, and if so, they should be carefully observed, but the actual etiquette of dancing remains much the same everywhere.

Some girls are fond of dancing with girl friends, and as a rule there is no objection to this when there are not enough men, but a lady should not dance with another if any gentleman of her acquaintance is without a partner and asking her to dance with him, or if her hostess wants her to dance with a gentleman partner.

DANDELION, DECOCTION OF, to make.

Take 2 oz. freshly sliced dandelion root and boil in 1 quart water until reduced to 1 pint. Take in doses of from 2 to 4 oz. for sluggish liver.

DANDRUFF, treatment of.

The head should be washed in warm water, and soap, and sulphur ointment applied. If there is crust, almond oil should be put on the head at night to soften the scalp and the head well washed the next morning. It may be necessary to repeat this for two or three days before the head is free from scurf. *See also* SCURF IN THE HEAD.

DEAFNESS, to treat.

Wax in the ear is a frequent cause. Two or three drops of olive oil should be put in the ear two or three times a day for two days, and then the ear syringed with lukewarm water. To attempt to remove the wax from the ear with knitting needles or hairpins is a dangerous practice.

DEATH. *See* BEREAVEMENTS.

DECANTERS, to clean.

Use a little soda or pearl ash and some cinders and water. Then rinse out with water.

DELIRIUM TREMENS, symptoms and treatment of.

The symptoms of this disease are trembling of the hand and tongue, especially in the morning, disturbed sleep, restlessness. There is a loss of appetite, furred tongue and constipation. During the daytime he may be quiet, rational, but towards evening his mind begins to wander. Pictures or ornaments in the room he imagines are insects or animals which are trying to walk towards him, and he tries to keep out of their way. He is suspicious of everyone, and may strike the attendant. All razors, firearms or anything he can injure himself with should be removed from the room. The window should be guarded as he may jump out.

There is much difficulty in inducing the patient to take nourishment. The diet should consist of milk, strong beef tea, or broths, and given in small quantities frequently. A teaspoonful of compound of jalap powder should be administered to relieve the bowels. Stimulants are best avoided unless the patient becomes prostrated. Sleeping draughts should not be given unless under medical supervision.

DELPHINIUM (LARKSPUR), to cultivate.

Seed should be sown in May, the seedlings thinned out early and transferred to the border where they are to flower as soon as they will bear removal, in readiness for early bloom in the following summer. They will succeed in almost any soil or situation, but a deep friable soil, well manured, is that in which they thrive best. Every two or three seasons they should be raised, divided, and re-planted, early spring—as soon as they begin to renew their growth—being the most suitable time. A long continuance of bloom may be obtained by cutting off the spikes as soon as they have done flowering, before the seeds are formed; or, as an alternative, by

cutting down the entire plant immediately it has ceased to bloom, when, in a few weeks' time, it will renew its growth and bloom again. In the latter plan, however, it is necessary to give the plant a top-dressing of manure to ensure a vigorous renewal of growth.

DEODORANTS.

To keep the air in a sick-room sweet-smelling spray eu-de-Cologne, or lavender water into the room, or burn in the room pastilles sold for this purpose by almost any chemist or drug stores.

For sinks, etc., pour down a solution of household ammonia or permanganate of potash in water.

DERBYSHIRE NECK, or GOITRE, the treatment of.

This is a swelling in the neck just below the Adam's apple, and is caused by drinking water from a limestone district, or unhealthy surroundings. It occurs most frequently in young females.

The patient should be removed from the district, and the swelling painted with iodine, and iodine taken internally. If the goitre presses on the windpipe or gullet, it may be necessary to remove it.

DIABETES, SUGAR.

Causes.—Mental anxiety, exposure to cold, abuse of alcohol. Fair persons are more liable to it than dark. It usually commences during middle or advanced life.

Symptoms.—The person first of all complains that he drinks more fluid and passes more water than he used to and that he is getting thinner. He is constantly thirsty and drinks fluids at all hours of the day and night. The appetite may be enormous, and although the amount of food taken may be great the person continues to lose weight. The lips and tongue are dry, and there is a sweet taste in the mouth.

Complications.—Carbuncles and boils occur in various parts of the body. The toes may die off : a cataract often forms in the eye. The person is very liable to pneumonia and consumption.

Treatment.—Starch and sugar must not be taken in any form. The following articles of food may be taken : clear soup, broth, essence of beef, fish, poultry, game, butcher's meat (except liver), spinach, watercress, cheese, cream, custard made with cream, jelly flavoured but not sweetened, eggs, brussels sprouts, broccoli, cauliflower, asparagus, vegetable marrow, and French beans provided they have been boiled in plenty of water. The following fluids may also be taken : tea, soda water, Vichy water, weak brandy and water, dry sherry, claret, Sauterne, hock, burgundy. The following must *not* be taken : baker's bread, potatoes, rice, arrowroot, sago, tapioca, macaroni, carrots, parsnips, peas, broad beans, cabbage, artichokes, beetroot, fruit, oysters, crabs, lobsters, liver, milk, beer, sweet or sparkling wines, liqueurs, lemonade, or other sweetened drinks.

DIAMONDS, to test.

If on placing a piece of wax on the back of a set diamond it loses its brilliancy, then the diamond is merely paste, but if this does not affect the lustre, then it is a real gem.

DIARRHŒA, an Egyptian cure for.

A very little known but very effective cure for diarrhœa, dysentery and such like ailments is the juice of the pomegranate. Crush the fruit and administer the juice with a little sugar. The Arabs dry the skins and make an infusion by pouring hot water over them. An even better way is to steep them.

DIARRHŒA, treatment of.

A dose of castor oil, liquorice, or Gregory powder should be given. The diet should consist of milk, broth and beef-tea. The food should not be too hot. Hot flannels may be applied to the abdomen if there is pain.

DICENTRA, to cultivate. *See* BLEEDING HEART.

DIPHTHERIA, symptoms of.

A feeling of heaviness; headache, chiefly over the eyes. There may be fever and delirium at night. There may or may not be hoarseness and difficulty in swallowing. The tonsils and uvula are swollen and redder than usual. Then an exudation will be noticed in the throat and palate which gradually grows until there is a membrane. The glands under the jaw are often enlarged. It should be borne in mind that frequently there is *no fever.*

On the slightest suspicion of diphtheria isolate the patient, put him to bed (flat on the back and without a pillow) and send for the doctor. Everything depends upon the immediate administration of antitoxin, and only a doctor can give it.

DISHES AND BASINS, to prevent from cracking through heat.

In the case of pie-dishes and pudding-basins place in cold water and bring to the boil; leave in the water and allow to get cold. If this is done when new before they are used, they will not crack when subjected to heat in cooking.

In the case of glass dishes, etc., for holding stewed fruit, either hold the dish in the hand while pouring in the hot fruit, or place it on a wet cloth.

DISH MARKS ON POLISHED TABLES, to remove.

Procure ½ pint of linseed oil and heat for about 10 to 15 minutes —do not boil, just simmer. Mix with this about ½ gill of turpentine. Apply this mixture to the mark fairly frequently and rub off each time with a soft cloth.

DISINFECTANTS, to make.

1. *For Water-closets, Drainpipes, etc.*—Mix well together 1¼ gallons hot water, 2 lb. copperas, 2 oz. carbolic acid.

2. *For Swill Pails.*—Sprinkle with chloride of lime when empty. Leave for a few hours and then rinse well in water.

3. *For Cesspools, etc.*—Use dry copperas or chloride of lime abundantly.

4. *For Disinfecting Bandages, Poultice-cloths, etc.*—Soak the articles for 12 hours in 2 oz. carbolic acid and 2 quarts hot water, then wash. Burn after use.

5. *For Washing Bedding and Clothing in the Event of Infectious Diseases.*—Soak the articles for 12 hours in the following solution: 2½ oz. sulphate of zinc, 4 oz. carbolic acid, 1 gallon hot water, then wash. Use only for the same case; then burn.

DIURETIC DROPS, to make.

Mix ½ oz. aromatic tincture with 1 oz. sweet spirits of nitre, and take 50 drops three times daily in a glass of water to promote a natural flow of urine.

DIVISION, to propagate plants by.

It is best to divide plants either in October and November or in March and April. Lift the clumps, keeping the roots as intact as possible and, after lifting carefully, divide the plant into crowns with a sharp knife. Do not use a spade for this purpose. Keep and replant the new outer crowns.

DOCUMENTS, to preserve.

A thin coating of gutta-percha solution brushed over the back and front of documents will render them damp-proof.

DODECATHEON (AMERICAN COWSLIP), to propagate.

A beautiful hardy perennial that is easily raised from seed in a cool situation. The soil should be of loam and heath-mould.

DOGS, care of, etc.

Do not overfeed them: for dogs used in sport, or kept on a chain and consequently not getting a great deal of exercise, boiled meat with thickened gravy once a day forms an excellent diet. For household pets, toy dogs, etc., meat is almost unnecessary, and their diet should consist chiefly of potatoes, gravy, green vegetables, bread, milk, etc., and a very little meat. Dog biscuits form an excellent food for all dogs. Give a dog bones to gnaw at least two or three times a week, as they assist in cleaning the dog's teeth. All dogs should be given plenty of clean water to drink. See that they get plenty of exercise and encourage them, whenever possible, in swimming.

Distemper.—Dogs are liable to this from the age of about four months to four years. Some of the symptoms are shivering, loss of appetite, cough, loss of brightness of the eyes, and very frequently fits. In the event of a dog having a fit, a veterinary surgeon should be sent for. In any event it is best to consult a veterinary surgeon, or a chemist who specializes in cattle and animal medicines as to the best method of treatment.

Hydrophobia or Rabies.—The first symptoms of this disease in

dogs are generally thirst, fever, restlessness, languor and convulsive starts during sleep. Later the dog becomes sulky and savage, and often tears into shreds anything of which it can get hold. A dog in this condition will frequently snap at imaginary objects or persons. In another form of the disease the dog loses its voice altogether and drops its lower jaw. In fairness both to the dog itself and to any human beings with whom it might come into contact, it is far better to have a dog who has shown the above-mentioned symptoms painlessly destroyed.

Mange.—The symptoms of this disease in dogs, which is a contagious one and very difficult to get rid of, is intense itching, and small red spots on the skin. These spots later become mattery and the dog's hair falls out. The best method of treatment is to apply sulpho-vaseline.

Licences.—A licence must be obtained, through any post office, for any dog kept, with the following exceptions :

1. Any dog under six months old.
2. Sheep or cattle dogs.
3. A dog used for guiding a blind person.
4. Hound puppies which are under twelve months old and are not part of a pack of hounds.

The licence in each case costs 7s. 6d., and omission to obtain same renders the person liable to a fine of not exceeding £5.

DOG'S TOOTH VIOLET (ERYTHRONIUM), to cultivate.

A hardy liliaceous bulb well suited for the spring garden or as a spring edging to a border, as it is elegant in leaf and flower and of neat growth. There are several varieties of colour—white, purple, rose and violet. The bulbs should be planted in autumn, and they will thrive best in peaty soil in a sunny situation. They should be planted rather deep, and will bear division every two or three years.

DOORS, DRAUGHTY.

When doors do not close properly, but leave cracks through which draughts enter, place a strip of putty along the jambs, cover the edge with chalk, and shut it. The putty will then fill up all spaces. Chalk rubbed on the edges prevents adhesion. The putty is left in places where it soon dries and leaves a perfectly fitting jamb.

DOORS, to stop from creaking.

Apply a little graphite grease to the hinge, or a little softened soap on the end of a pencil, rubbing in the lead of the pencil as well.

DOORSTEPS, to keep free from ice.

When washing doorsteps add a cupful of methylated spirits to every pailful of water used.

DORONICUM, to cultivate. *See* LEOPARD'S BANE.

DOUGHNUTS, to make.

1 lb. flour
2 oz. lard
½ teaspoonful salt
½ oz. German yeast
⅓ pint milk
2 eggs
jam

Put the lard and milk in a saucepan, test the yeast with a teaspoonful of sugar, make a well in the centre of the flour, pour in the milk and lard and well-beaten eggs, add the yeast and mix to a dough; put it to rise in a warm place an hour. Roll out on a floured board, cut into rounds a quarter of an inch thick; put a little jam on one piece, moisten the edges, cover with another round, press together, and fry in hot fat. When cooked drain and roll in castor sugar.

DRACOCEPHALUM (DRAGON'S HEAD), to cultivate.

All this family is hardy and includes both perennials and annuals well suited for the rock garden or the mixed border. *D. Ruyschianum* is one of the best of the perennials and is a handsome plant with flowers of bright purple blue. Among the annuals are *D. Moldavicum* and *D. canariensis* (sometimes known as Balm of Gilead), the former being esteemed for the fragrance of its blue flowers. Perhaps the most beautiful of all, however, is *D. grandiflorum*, of dwarf habit with fine clusters of vivid blue flowers, eminently suited for the rock garden. All may be raised from seed and the perennials increased by division.

DRAINS, to test.

If oil of peppermint be mixed with hot water and the mixture poured down the upper end of joints, any defects will be discovered, because the smell of peppermint about the house will indicate that there is a possibility of sewer gas entering. In that case, send for a plumber immediately.

DRAWERS, to prevent from sticking.

Rub some hard soap over the lower edges of the drawers and on the grooves. Then highly polish these parts to make the drawers slide easily.

DRESSING, to remove from new materials when washing. *See* LIME, to remove from new materials when washing.

DRIPPING, to clarify.

Pour some boiling water on to melted dripping, and, when cold, the impurities will be found at the bottom, whilst the good dripping will be at the top.

DROPSY.

Dropsy may be confined to a certain part, and then it is generally due to some obstruction in the flow of the blood. General dropsy occurs in disease of the kidneys and heart. Large quantities of fluid may accumulate in the abdomen when the liver is affected. A doctor should always be consulted.

DRUNKENNESS, to cure.

5 grains sulphate of iron
10 grains magnesia
11 drams peppermint water
1 dram spirits of nutmeg

This acts as a tonic and stimulant and, by partly taking the place of the accustomed liquor, prevents the physical and mental prostration that follows a sudden breaking off from drink. Start with 12 drops on a lump of sugar and increase until 2 teaspoonfuls are taken at one time twice a day.

DUCK, to roast.

1 duck
sage and onion stuffing
watercress
gravy
apple sauce

(Enough for four or five people.)

Draw the duck, cut off the legs at the first joint, wipe and put in the sage and onion stuffing, take off the wings at the first joint, truss it firmly, roast in the oven from 1½ to 1¾ hours according to age and size, basting well; dredge with flour and froth and brown it well before dishing. Put the giblets in a saucepan with a sage leaf, onion and some stock, simmer them, using the stock for the gravy, which can be made as for roast meat or thickened if preferred. Put the duck on a hot dish, remove the string, garnish with watercress, and serve with the gravy in a tureen and apple sauce. If a couple of ducks are cooked it is advisable to stuff one only.

DUCK, WILD, to roast.

1 wild duck
lemon
watercress
1 gill brown sauce
juice of 1 lemon
juice of 1 orange
1 shallot
1 glass port wine

(Enough for three or four people.)

Carefully draw the duck, singe and truss it, put in a baking tin with some dripping, dredge over some flour and roast till a nice brown, rather underdone than otherwise. Dish, remove the string, place on hot dish, garnish with watercress and cut lemon. Add the juice of lemon and orange to the brown sauce, also the port wine; boil up and strain; serve in a tureen. Orange salad is also served with wild duck if liked.

DUMPLINGS, DOUGH, to make.

Prepare the dough as for bread, and cut it into small pieces. Drop into boiling water and boil for 20 minutes. Serve with treacle or butter and sugar.

DUMPLINGS, DROP, to make.

Add 1 gill milk to 2 or 3 beaten eggs. Mix to a stiff batter with ½ lb. flour and a little salt. Gradually drop the batter into the liquor in which meat is being cooked. Boil for 10 minutes and serve with the meat.

DUST BINS.

Wrap all meat or vegetable refuse in a piece of paper before placing in the bin and shake a small quantity of chloride of lime over the contents of the bin each day. This will prevent the contents of the bin from giving forth an unhealthy smell and breeding flies.

DYSENTERY, remedy for.

Swallow an egg beaten up with sugar two or three times a day until relieved.

DYSENTERY, treatment of.

This is a serious disease and is not by any means uncommon among children. If diarrhœa is not promptly attended to, it may develop into dysentery, which will be recognized by the motions being slimy and containing blood, and in bad cases, consisting entirely of slime and blood. Medical attention is absolutely necessary and, though the patient ought not to be treated except under the doctor's advice, large hot fomentations or poultices may be applied to the abdomen should there be pain in that region.

DYSPEPSIA. *See* INDIGESTION.

EAR, to relieve noises in the.

A little warm onion juice dropped into the ear will often give relief. If wax is present in the ear it should be removed by syringing.

EARACHE, to cure.

The ear should be gently syringed with warm water, and a hot flannel applied to the side of the head; a mustard leaf may be put just behind the ear; or heat one or two drops of glycerine or laudanum in a spoon and pour into the ear. Then insert a piece of cotton-wool.

EARWIGS, to destroy.

Dahlias are the favourite haunt of these insects, but any flowers of sufficient size are utilized by them for shelter. The best and simplest trap is that of a small flower-pot, stuffed with a little dry moss and inverted on the top of a stake. It should be examined every morning and evening and its catch of earwigs destroyed by plunging it into hot water. *See also* INSECTS ON PLANTS, to destroy.

EASTER CAKES. *See* BISCUITS, SHREWSBURY.

EAU-DE-COLOGNE. *See* PERFUME, COLOGNE WATER.

ECHINOPS (GLOBE THISTLE), to cultivate.

A fine hardy plant, growing from 3 to 5 feet high and useful for making ornamental groups in the wild garden. There are

several varieties, *E. ritro* and *E. banalicus* being very good, but perhaps the best is *E. ruthenicus*, with its round-headed flowers of beautiful blue. It is easily increased by division or raised from seed, and it thrives in any soil.

ÉCLAIRS, to make.

choux paste
cream
sugar
vanilla essence
chocolate icing

Make the pastry as for Spanish Puffs. Put the mixture into a forcing bag with a plain tube, force it through on to a greased baking tin in three-inch lengths, and bake in a hot oven for half an hour; cover with another tin to keep them air-tight. When done place on a pastry rack to cool; whip and flavour the cream, raise the pastry on one side of the éclair and fill it with cream, make the chocolate icing, dip the éclair in it and allow it to dry.

Note.—Coffee icing can be used instead of chocolate.

ECZEMA, an ointment for.

Apply frequently an ointment made from 30 grains red oxide of mercury and 1 oz. lard.

ECZEMA, a remedy for.

Well wash a large handful of watercress. Put into a clean saucepan and cover with cold water. Bring to the boil and let it simmer until the goodness is extracted and it is quite tender. Strain through muslin and allow to cool before using. Bathe the affected parts two or three times every day, using a clean cloth every time. This may also be used for rough skin caused by the wind.

ECZEMA, treatment of.

The diet should be regulated, and the bowels opened. The part should not be washed in soap, but gently sponged with luke-warm water and oatmeal. Scratching should be avoided. In children the hands may be put in gloves or tied to the side. If there are crusts and scales they should be removed by applying strips of linen soaked in olive oil. Twice a day strips of linen spread with zinc ointment should be put on and kept in position with a bandage.

EELS, to boil.

Always choose the smallest for boiling. Remove gut, heads and skin; wash well and simmer in a little salt and water with chopped parsley. Decorate with sprigs of parsley and serve with parsley sauce.

EELS, to fry.

2 eels
little flour
salt and pepper
egg and bread-crumbs

(Enough for seven or eight people.)

Skin and thoroughly cleanse the eels and allow to soak in salt and water some time. Cut in three-inch lengths, dip them in

seasoned flour, coat in egg and bread-crumbs and fry in deep fat. Serve on a hot dish on a fancy paper, garnish with fried parsley, and serve with tartare or piquante sauce.

EELS, to stew.

1 eel
1 gill stock
2 tablespoonfuls port wine
blade of mace
2 cloves
1 shallot
little lemon juice
½ oz. flour
1 dessertspoonful mushroom ketchup
pepper and salt
½ oz. butter

(Enough for three or four people.)

Thoroughly cleanse the eel and cut in pieces 3 inches long, cook them in a stewpan in the stock and port wine, adding the mace, cloves, chopped shallot and lemon juice. Simmer for about an hour, strain and thicken the gravy with the butter and flour; boil up and add ketchup and salt and pepper; dish the eel in a circle and pour the sauce over.

EGG À LA MAITRE D'HÔTEL, to prepare.

Moisten with boiling milk a little flour rolled in butter and allow to simmer for half an hour, then add plenty of butter to the sauce with some finely chopped parsley, pepper and salt. Stir until butter is melted. Slice boiled eggs into the sauce; add the juice of a lemon and serve hot.

EGG BALLS, to prepare.

2 hard-boiled eggs
salt
½ an egg
cayenne

Pound the hard-boiled eggs and mix to a paste with the raw egg; add salt and cayenne; form into small balls using some flour. Poach in boiling water for 5 or 6 minutes.

EGGS, to bake in tomatoes.

3 or 4 eggs
3 or 4 tomatoes
butter
chopped parsley
salt and pepper
buttered toast

(Enough for three or four people.)

Choose rather large tomatoes of equal size, cut a piece off the top of the tomatoes, scoop out the pulp carefully, sprinkle on a little salt and pepper. Break an egg into a cup and pour it into the hollow of the tomato; place on a greased baking tin and cook slowly until the egg is set, basting with a little butter. Serve on rounds of buttered toast with a little parsley sprinkled over the top of each.

EGGS, CRACKED, to prevent boiling out.

Either rub the crack over with salt before putting in the water, or put a teaspoonful of vinegar in the water in which the egg is to be boiled. This will prevent the egg from boiling out.

EGGS, to curry.

3 or 4 hard-boiled eggs
1 small onion
1 small apple
½ oz. curry powder
½ oz. flour
½ pint milk
lemon juice
salt
croûtons of fried bread

(Enough for three or four people.)

Fry the finely-chopped apple and onion in the butter, add the curry powder and flour, cook for ten minutes; add the milk and simmer for another ten minutes; season with lemon juice and salt and a pinch of castor sugar. Cut the eggs in halves, put each half on a croûton, round side up, coat carefully with the curry sauce, and garnish with white of egg cut in fancy shapes.

EGGS, to keep.

Be quite sure the eggs are fresh and, if possible, rub them over with butter as soon as they are laid. Put them into a stone jar with the narrow ends downwards and pour over the following brine: ½ pint slacked lime, ½ pint salt, 1 oz. cream of tartar, and 2 gallons water. The ingredients should be boiled together for 10 minutes and skimmed. Pour the liquid carefully over the eggs when cold. This quantity of brine is enough for 75 eggs. Eggs may also be kept in salt if they are tightly packed, but not allowed to touch.

EGGS, to poach.

2 or 3 eggs
salt
buttered toast

Break the eggs one at a time in a cup, pour gently into a shallow saucepan or frying pan of boiling water with a little salt, and cook very gently. When just set take out the eggs, place them on a round of buttered toast, trimming them so that they are the same size as the toast. Serve immediately.

EGGS, to scallop.

3 or 4 hard-boiled eggs
½ pint white sauce
½ oz. butter
bread-crumbs
grated cheese
salt and pepper

(Enough for three or four people.)

Cut the hard-boiled eggs in dice, add to the white sauce, season well with salt and pepper. Well butter some scallop shells, place some of the mixture in each, sprinkle over some fresh bread-crumbs, then a little grated cheese and lastly some small pieces of butter. Brown in the oven and serve hot.

EGGS, to scramble.

3 eggs
1 oz. butter
little chopped parsley
little milk or cream
salt and pepper
buttered toast

(Enough for two people.)

Put the butter into a saucepan, well beat the eggs, season with

salt and pepper, add the chopped parsley and cream or milk. When the butter has melted pour in the eggs, and stir over the fire until the mixture begins to thicken. Put it on to the hot buttered toast and serve at once.

EGGS, to test.

Apply the end of an egg to the tongue. A fresh egg feels cold, a stale one feels warm. Stale eggs are more transparent at the end; fresh ones in the centre.

EGGS, FOWLS, to increase the laying of.

Mix every other day with the food of every 12 fowls 1 teaspoonful of cayenne pepper. Lime, such as bricklayer's rubbish, etc., is also beneficial.

EGGS, SCOTCH, to prepare.

2 eggs	salt and pepper
½ lb. sausage meat	egg and bread-crumbs
1 or 2 tomatoes	croûtons of bread

(Enough for four people.)

Hard boil the eggs, put them in cold water for a few minutes, remove the shells, dry them well with flour, coat with sausage meat, then with egg and bread-crumbs, rolling them into a nice shape. Fry well in hot fat, allowing time for the sausage meat to be well cooked. Cut off a little of each end of the egg, then cut in half and stand each half on a croûton of fried bread on which is placed a round of tomato. Serve on a fancy paper; garnish with parsley.

EGGS, SWISS, to prepare.

4 eggs	½ oz. butter
1 gill cream	1 teaspoonful parsley
2 oz. grated cheese	salt and pepper
few bread-crumbs	

(Enough for two or three people.)

Break the eggs one by one, slide gently into a well-buttered fireproof dish, whip the cream slightly, well season it with salt and pepper, pour over the eggs, sprinkle over the chopped parsley and grated cheese a few bread-crumbs and lastly small pieces of butter. Cook in a slow oven till the eggs are set but not hard, and serve hot.

EGGS, WHITES OF, to beat.

The egg will froth more rapidly if a pinch of salt is added.

EGG WHITE SUBSTITUTE.

A teaspoonful of gelatine (powdered) in two tablespoonfuls of hot—not boiling—water. Use when cold.

EGG YOLK, to keep.

If you are using only the white of an egg and will not be using the yolk during the same day, beat the yolk up with just a little cold water and cover the basin with a piece of muslin. The yolk will then keep for two or three days.

EIDERDOWN, to wash.

A little liquid ammonia should be added to a lather of hot water and soap jelly. The quilt should be steeped in this mixture for 10 minutes, then squeeze well and " souse " until quite clean. It may be necessary to use several lots of suds. Rinse in two warm waters to which should be added a little ammonia. After passing carefully through the wringer, hang out to dry; whilst drying take down and shake well several times.

ELDERBERRY WINE. *See* WINE, ELDERBERRY.

ELECTRIC COOKERS.

Hints on Using.—When the oven of an electric cooker is to be used, it should be heated for about a quarter of an hour before it is required. If a joint is being cooked it should be placed in the hot oven and left in that heat for about 10 minutes. The heat should then be reduced by the current being turned to low.

Cleaning and care of.—Electric cookers are very easy to clean. Grease must never be allowed to remain on them, either outside or inside. If the oven is enamelled on the inside, wash it in the ordinary way with warm soda water, but if the oven lining is of tin, simply wipe it well with a cloth. Use metal polish to clean any nickel fittings on the cooker, or, if the fittings are simply plain black, wipe with a damp cloth and polish with a dry one.

ELECTRO PLATE, to clean.

Add a little ammonia to hot water and use as a wash. Take some finely powdered whiting and rub over the plate. Polish with a soft rag.

EMBROCATION, to make for sprains and sore throats.

Put ½ pint turpentine and 2 raw eggs into a large bottle; cork and shake until the mixture becomes a thick cream. Then gradually add 1 pint vinegar and ½ oz. ammonia. Shake the whole thoroughly together and bottle for use. A small lump of camphor is a valuable addition. This embrocation may be kept for years.

EMBROCATION, HOME-MADE, to prepare.

Cut up 1 oz. of camphor and dissolve it in ½ pint of turpentine. Mix with the turpentine the well-beaten yolks of 2 eggs, then add ½ pint of vinegar. Shake for 2 or 3 minutes and it is then ready for use immediately. This makes a very effective remedy for bruises and sprains.

EMETICS, to administer.

A very safe emetic for getting rid of indigestible food is readily obtained by mixing half to a tablespoonful of mustard in a cupful of hot water, or 2 to 4 tablespoonfuls of common salt dissolved in tepid water.

For Children.—Ipecacuanha wine in teaspoonful doses may be given. (Two tablespoonfuls for adults.) Emetics should be administered with caution to the aged and debilitated. It may be necessary to give a little brandy afterwards.

ENAMEL, to imitate with paint.

Ordinary varnish paint will answer the same purpose as enamel if a piece of silicate of potash about the size of a walnut is crushed and added to every 1½ lb. paint.

ENAMELLED WARE, to clean.

Thoroughly scrub all enamelled articles—both inside and out—in hot soda water, and rinse in clean water. To remove stains sprinkle salt on the pulp of a lemon from which the yellow rind and juice have been removed. A little salt sprinkled on a rag soaked in vinegar is also effective in removing stains.

ENDIVE, to grow.

Sow in moderate heat for an early crop in April or May and prick out into a rich light soil later on. Sow broadcast again late in July or early in August and set at a distance of a foot between the plants, watering liberally. Tie up for blanching when large enough. For winter use the green curled variety is most suitable.

ENEMAS.

An enema consists of the introduction of medicine, or liquid food (in the case of a patient being unable to take food through the mouth) into the bowels by means of a special syringe.

There are various kinds of enemas, but they should be given upon a doctor's instructions only.

ENGAGED GIRLS, chaperons for.

It is quite usual now for an engaged girl to go with her fiancé, unchaperoned, to theatres, dances, picture galleries and exhibitions, etc., or walking, riding, motoring and visiting friends, of course with the approval of her parents or guardians, and the man must always take such care of her as makes up for the absence of the chaperonage which was at one time considered indispensable on such occasions.

This freedom, however, depends to quite a considerable extent upon what is customary in the particular circles in which a girl moves, for in some it would be regarded with severe disapproval for her to go about unchaperoned with her fiancé.

ENGAGEMENTS, etiquette to be observed when broken.

The breaking off of a definitely announced engagement when the wedding-day is drawing near causes a good deal of worry and trouble.

Invitations and announcements have to be cancelled, the usual course being to send out cards notifying that "The marriage arranged between Mr. A and Miss B will not take place," though intimates would doubtless receive a little personal note.

Wedding presents must be sent back to the donors, with a brief note apologetically mentioning the reason for their return, though no details need be given, and the couple return each other's presents, including the engagement ring—unless they come to some other mutual arrangement, which is nobody's business but their own.

If the engagement has been announced in the Press, notices that it is at an end should be inserted.

When no definite announcement has been made, the matter chiefly rests between the two people most concerned.

They return each other's presents and the lady gives back her ring. There is no need for any special intimation to friends, who should tactfully refrain from mentioning the matter unless encouraged to do so.

ENGRAVINGS, to clean.

Place the picture on a smooth board and cover with finely powdered salt dissolved in lemon juice. Pour over boiling water to clean it and put out in the open in a shady place to dry. Do not dry by the fire or in the sun or the engraving will turn yellow.

EPILEPSY.

Symptoms.—Before an attack comes on the person has various warnings—such as headache, tingling of the fingers, flashes of light before the eyes, noises in the head, or a feeling of suffocation. He gives a cry and falls down in the fit. The whole body is stiff and the head drawn backwards and the face pale. The stage lasts from thirty to forty seconds. The face begins to twitch and the body and limbs are jerked out. The face becomes blue. He froths at the mouth and the tongue is protruded. In five minutes, as a rule, the attack is over and the person falls to sleep.

Treatment.—A fit can be warded off if the person, when the first symptoms come on, lies down and remains perfectly quiet.

During a fit the clothes should be loosened about the neck and chest and a folded handkerchief inserted between the teeth to prevent the tongue being bitten, and the person should be placed in a position in which he cannot hurt himself.

Epileptics should avoid excitement and over-exertion. Alcohol is best left alone.

In some cases no warning is given that the fit is coming on. Epilepsy in childhood may disappear before the adult age is reached, but even then, if the person marries, the children are likely to inherit the disease.

EPSOM SALTS. *See* PURGATIVES.

ERANTHIS (WINTER ACONITE), to cultivate.

Even before the first spring flowers appear winter aconite gladdens us with its bright yellow blossoms, and its beautiful

shining foliage is in itself an ornament. It flourishes best on a warm, chalky soil, in a half-wild state on banks, or under trees and, to gain its full effect, it should be planted in large bold patches. Though the surface of the soil should be renewed every other year, the aconite should not be disturbed too often. Lift a large patch when transplanting in order to make sure you have enough " eyes " for propagation. This is a plant which should not be grown where there are children, for both yellow and blue aconites are poisonous.

ERICA, to cultivate. *See* HEATH.

ERYSIPELAS.

This is a spreading inflammation of the skin, caused through infection of the skin with microbes, which generally enter through a wound. Injuries about the scalp and mouth are especially liable to the disease.

Symptoms.—Headache, chills, pain in the limbs. At the point of inoculation the skin is red, swollen and hot. The pain may be severe if the scalp is affected, but otherwise it is burning or smarting. The rash advances with a round, red, raised edge, but reaches its limit. It then fades, leaving a brownish stain and the top layer of the skin comes off in branny scales. The attack generally lasts one to three weeks.

Treatment.—The patient must be isolated. Diet should consist of milk, strong beef tea, and broth : stimulants may be necessary. Hot fomentations should be applied day and night. The skin at the advancing edge of the rash should be painted with liniment of iodine an inch wide. A teaspoonful of Parrish's food in water three times a day after food should be taken.

In some cases matter forms under the skin, and unless it is let out by a surgeon, general blood-poisoning may supervene and the person's life become endangered.

ERYTHRONIUM, to cultivate. *See* DOG'S TOOTH VIOLET.

ESCHSCHOLZIA (CALIFORNIAN POPPY), to cultivate.

A hardy annual which will thrive in any ordinary soil and produce a brilliant display of flowers. To obtain the best results the seed should be sown in August or September (not later), as the plants are naturally deep-rooted and need to get firm hold of the soil to bloom in perfection.

ETIQUETTE, general remarks.

Etiquette at Home.—" The childhood shows the man as morning shows the day," wrote Milton many years ago, and social training should certainly begin in the home.

From earliest days the children should be taught to observe in their own homes and towards their own people a pretty way of speaking, dainty table manners, respect for parents and elders, unselfishness, kindness and consideration for each other, courtesy towards servants and all in a less exalted position than themselves,

also the courtesy and thoughtfulness due from a host or hostess to guests.

The child who in everyday life becomes familiar with the rules of etiquette will grow up with that easy charm of manner and gracious kindliness that are sorely envied by those who have to try and acquire them—painfully aware of many awkward solecisms —after they have reached an age when the knowledge should already be theirs.

Never should the " elasticity " of modern conventions be made the excuse for overstepping the bounds of good taste or for neglecting to be chivalrous, courteous and considerate to one's fellow-men and women, no matter what their station in life may be.

EVERLASTING PEAS, to propagate. *See* PEAS, EVERLASTING.

EYE, BLACK, a cure for.

Bathe with lukewarm water, and then apply a piece of lint saturated with the pure extract of lead. Continue to moisten the lint with the lotion for two or three hours.

EYEBROWS, a brown dye for the.

Boil together to half a pint, 1 oz. lead filling, 1 oz. iron dust and 1 pint vinegar. When cool shake well and apply with a small brush.

EYEBROWS, to make grow.

Mix 5 grains sulphate of quinine in 1 oz. alcohol and apply after combing.

EYELASHES, to improve.

Clip them about once in every four weeks if you wish to lengthen and strengthen them.

EYELIDS, INFLAMED, to treat.

The eyes should be bathed in lukewarm water and Condy's fluid, and a small piece of " golden ointment," as big as a pea, applied night and morning to the inflamed lids. It may be necessary to wear a shade or green spectacles.

EYES, to remove foreign bodies from the.

Dust or insects may often be removed from the eye merely by drawing the upper lid as far down as possible over the lower one. If this is not successful a second person should stand behind the patient and separate the eyelids with the thumb and first finger. Remove the irritant with the corner of a handkerchief.

In some cases it may be necessary to turn the eyelid inside out. The operator stands in the same position as before and a big match is placed lengthways in the middle of the upper eyelid. The other hand grasps the eyelashes and pulls upwards; at the same time the match is pressed in a downward direction. A drop of olive or castor oil should be put in the eye afterwards.

EYES, BLOODSHOT, lotion for.

With 3 oz. rose water mix 6 gr. sulphate of zinc and ½ dr. wine of opium. The lotion should be well worked into the eyes by rapidly opening and closing the lids whilst bathing.

EYES, INFLAMED, to treat.

Bathe at frequent intervals with warm boracic lotion. If the eyes of a newly-born baby become inflamed a doctor should immediately be consulted, as the results may be serious if the matter is not dealt with promptly.

EYES, SORE, a remedy for.

Dissolve 8 gr. sulphate hydrastia in 4 oz. distilled water and use locally.

EYE WASH, to make.

Mix 1 scruple each of white vitriol and pure saltpetre with 8 oz. pure soft water. Apply to inflamed lids two or three times daily.

FABRICS, to test.

The most common test for wool is to unravel a few threads and to apply a lighted match to it. If it smoulders slowly and gives off the smell of burnt feathers, the material is wool. If, on the other hand, it burns fairly freely, emits a smell resembling burning paper, and leaves a whitish ash, then it is cotton.

Silk also burns slowly and with a faint smell resembling burnt feathers.

Linen burns freely, but as a rule the extinguished end is rounded and blunt, whereas cotton is tufted.

It is also possible to test materials by biting. When bitten, wool is harsh and gritty; silk cuts cleanly.

Artificial silk can often be detected if moistened, for this considerably weakens the fibres, as is not the case with real silk.

FACE-ACHE.

Cause.—In the majority of cases this is caused by bad teeth.

Symptoms.—The pain shoots to the side of the face, ear, temple and forehead.

Treatment.—Hot flannels applied to the side of the face generally afford relief. The offending teeth should be either extracted or stopped.

FACE POWDER, to prepare and use.

Before starting to powder, the skin should be prepared by rubbing it with a suitable cream, preferably working the skin from the chin upwards. This will give a more even and adhering surface, and the effect of the powder will be more lasting, because it will not blow off so soon. If the skin happens to be dry, a little cold cream should be added as a powder base.

When powdering the face, special attention should be paid to the chin and the neck, for these are the parts which, though very often not seen by you, are noticed by others. The same applies to the back, especially when the hair is worn short.

To preserve the natural bloom of the complexion it is highly important always to wash off the powder before retiring.

Here is a simple formula for making up a powder. Mix together ½ lb. magnesuim carbonate and 1 lb. powdered talc (steatite). Colour (if desired) by adding pure carmine and the finest madder lake (for blondes). For brunettes the powder should be coloured with umber or sienna. Now add about an ounce of geranium or rose oil or other perfume as preferred.

FAINTING FITS, to treat.

The head should be kept low and smelling salts applied to the nose, and cold water sponged over the face. If the unconsciousness is prolonged the patient should be kept warm and hot bottles put to the extremities. Give as much air as possible and loosen the clothing. On recovery brandy and water or a cup of strong coffee or tea should be given.

FARES, payment by a gentleman for a lady.

"Should I let him pay my fare?" is the question which often troubles a girl, who has unexpectedly been escorted home from some entertainment or social affair by a gentleman to whom she has perhaps only just been introduced, or when the fact that their ways home lie in the same direction, makes them fellow-travellers.

A good deal must depend on circumstances. The girl should have her money ready for the train, bus, or tram fare, so that she may pay her own, if possible, before her companion can do so. If she fails in this, it is better for her to wait until leaving the vehicle before giving him the amount he has paid out for her, offering it to him then as a matter of course, and he should take it. Exceptions to the case may be found if he is an intimate friend of the people she has been with, and has specially asked for the privilege of seeing her home, or if he were asked by the hostess to do so, for then, especially if the sum in question is inconsiderable, she need not trouble about it at all, but should a larger amount be involved, she should offer to pay for herself. Only the special circumstances of each case can determine whether she should insist upon doing so. In any case, she should not make an attempt to force the money upon him or argue the point before strangers in a public conveyance.

FAT, to clarify.

3 or 4 lb. beef and mutton fat
½ pint water.

Cut up the fat in small pieces, put into a saucepan with barely the half-pint water, cook until all the fat is melted out and only the skin remains; stir occasionally; strain into a clean basin or pan. This fat is useful for inexpensive pastry and cakes, also for frying.

Note.—To clarify dripping melt it and stir in some boiling water, then allow it to set. The water should be removed from underneath and it will contain all the sediment and impurities.

FEATHERS, to clean.

Cut some white curd soap in small pieces; pour boiling water on them, and add a little pearl ash. When the soap is dissolved and the mixture cool enough for the hand to bear, plunge the feathers into it and draw them through until the dirt appears to be squeezed out. Pass the feathers through a clean lather containing blue, then rinse them in cold water with blue to give them a good colour; beat them against the hand to shake off the water, and dry by shaking them near a fire. Black feathers may be cleaned with some water and gall, proceeding as above.

FEATHERS, to restore.

Take a little salt and sprinkle it on a hot stove and hold the feathers over the smoke for a few minutes.

FEEDING-BOTTLES, to preserve the teats of.

Immediately after use the teats should be rinsed in cold water and rubbed with common salt—inside and out. Place them for a few seconds in boiling water, remove, put on a clean saucer that has been in boiling water and cover with a cup or tumbler.

FEET, BLISTERED, remedy for.

Rub snowfire into the feet before retiring to bed.

FEET, remedy for perspiring.

Mix together 10 gr. formaldehyde, 10 gr. thymol, ½ oz. boric acid, 7½ oz. zinc oxide, and 14 oz. powdered starch. Dust on the feet and in the shoes.

FEET, OFFENSIVE, remedies for.

Bathe the feet every night in one of the following solutions :

1. Plenty of borax and water.
2. Permanganate of potash (1 scruple) in 8 oz. water.
3. Common soda and water.

FEET, TENDER, a remedy for.

Sponge the feet both morning and night with a solution of either carbonate of soda and water, or salt and water, mixed in the proportion of two tablespoonfuls to one pint.

FERMENTATION, to check.

Add a small piece of sulphate of potash to stop any fermentation of liquors, preserves, syrups, etc.

FERNS, the care of.

Place them in a bath-tub each week and sponge with soap and tepid water. Work a piece of raw beef into the soil about once each month. Do not disturb the roots.

FÊTES. *See* GARDEN-PARTIES AND FÊTES.

FEVER, to relieve patients suffering from.

The bed covering should be light, and the temperature may be lowered by sponging the body with tepid or cold water for 10 minutes or a sheet wrung out in cold water and wrapped round the patient.

FEVERS, cooling drink for.

Take ¼ oz. cream of tartar, a few pieces of lemon and orange, and ½ oz. sugar candy, pour on a quart of boiling water and decant the clear liquid when cool.

FILTER, to make.

Take an ordinary large flower-pot. Stop the hole with a piece of sponge; then put a layer of powdered charcoal about 1 inch thick and a similar quantity of silver sand; then a layer of small stones and gravel about 2 inches thick. This serves admirably as a filter for impure water.

FINGER-NAILS, INGROWING, a remedy for.

Every time the nail is trimmed a notch should be cut in the middle. This will tend to draw the nail up from the sides.

FIRE-EXTINGUISHER, to make.

The simplest form of fire-extinguisher is the hand grenade. These can be made at home both cheaply and easily. Take 10 lb. of common salt and 5 lb. of sal-ammoniac (nitrate of soda) and dissolve in 3½ gallons of water. Pour this mixture into thin glass bottles each containing a quart; cork tightly and seal to prevent evaporation. In case of fire, throw bottle so that it breaks in or very near the flames. In the case of wool or paper, where it is impossible for the bottle to break, knock off the neck and scatter the contents.

FIRE, to keep in for a long time.

Either bank up with a good supply of well-damped small coal, or put on a small quantity of lumps of coal and sprinkle about a handful of common salt over them.

FIRE-KINDLERS, to make.

Melt 1 lb. of resin, add 2 oz. tallow; stir in sufficient sawdust to thicken; while still hot spread it about an inch thick upon boards which have been sprinkled with sawdust to prevent sticking. When cold, break into lumps about an inch square.

FISH, to boil.

Place in very hot, but not boiling, water to which has been added 2 tablespoonfuls of vinegar and a little salt. Time for cooking must depend upon the size and thickness of the fish to be cooked.

FISH, to choose and keep.

It is most essential that fish should be fresh and in full season; it decomposes more quickly than any food. It is in best condition,

most plentiful and cheapest when in season. When fish is kept on ice it is difficult to detect if it is stale; but after it has been removed it quickly loses its apparent freshness and can be judged by its smell and appearance. No one can mistake the smell of stale fish. If in good condition the flesh should be firm and plump, of a good even colour, eyes bright, gills and spots red. There are a few kinds that can be kept for a short time, such as turbot, cod and halibut; but it must be kept in a cool place in a current of air, and not in water. Fish may need soaking before cooking, but must not lie long in water, as this impoverishes the flavour and the fish becomes flabby. If fish is slimy, especially fresh-water fish, rub it with dry salt, as well as thoroughly wash it. Mackerel is unfit for food unless quite fresh. Salmon is best cooked as soon as possible after it is caught.

FISH, to fry in batter.

fillets of whiting or plaice
2 oz. flour
1 tablespoonful oil or dissolved butter
2 tablespoonfuls tepid water
white of 1 egg
salt and pepper

(Enough for five or six people.)

Wash and dry the fillets in flour, place the flour in a basin, add salt, add the oil, then mix smoothly with the tepid water, beat it well, and if possible stand aside for some time; just before using add the beaten white of egg. Dip in each fillet, fry them in deep fat without using a basket. Drain well; garnish with fried parsley.

FISH, to scallop.

any cold fish
little butter
few bread-crumbs

For Sauce

1 oz. butter
½ pint milk
1 oz. flour
salt and pepper

Remove skin and bones from fish and flake it. Make a white sauce and flavour it nicely, add it to the fish, butter some scallop shells, put in some of the mixture, and sprinkle over some bread-crumbs. Put small pieces of butter on the top, and bake till a nice brown in a quick oven. A little grated cheese can be sprinkled over before baking if liked.

FISH, to steam.

1 sole, whiting or any white fish
salt
lemon juice
white sauce
parsley

Thoroughly cleanse the fish, remove any skin, place between two buttered plates, squeeze over a few drops of lemon juice, and sprinkle with a pinch of salt. Place the plates over a saucepan of fast-boiling water and cook until the flesh will leave the bone. Place carefully on a hot dish, strain some white sauce over, garnish nicely with parsley and lemon and serve hot.

FISHBONE IN THROAT, to remove.

If a bone should stick in the throat whilst eating fish, take half a lemon and suck the juice, allowing it slowly to trickle down the throat. This gives relief instantly, as it dissolves the bone.

FISH CAKES, to prepare.

½ lb. each of cold fish and potatoes
½ teaspoonful chopped parsley
½ teaspoonful anchovy
little butter
salt and pepper
egg and bread-crumbs

(Enough for ten or twelve cakes.)

Remove all bones and skin, flake the fish finely, mash the potatoes, mix them together, add the butter and flavourings, form in small cakes, using a little flour; coat with egg and bread-crumbs, fry in hot fat, garnish with fried parsley.

FISH CURRY, to prepare.

1 lb. cooked fish
1 apple
1 small onion
2 oz. butter
1 oz. flour
½ oz. curry powder
1 oz. desiccated cocoanut
lemon juice
salt
1 dessertspoonful curry paste
4 oz. Patna rice

(Enough for four or five people.)

Boil the rice and dry it thoroughly, melt the butter in a stewpan, well cook the apple and onion finely chopped, add the flour and curry powder and cook for 15 to 20 minutes, then add the milk and stir till it boils; infuse the cocoanut in a little of the milk for some minutes, then strain it into the curry; add the curry paste, lemon juice and salt and a pinch of sugar, flake the fish and stir in gently not to break the flakes. Serve on a hot dish with a border of the rice, and garnish with cut lemon and parsley.

To Boil the Rice.—Well wash the rice, put in fast-boiling water to which has been added salt and a little lemon juice; when tender drain on to a sieve, pour cold water over to separate the grains and dry thoroughly.

FISH, FILLETS OF, à la Bohemienne, to prepare.

fillets of sole or plaice
2 oz. butter
1 oz. flour
1 gill milk
½ lb. tomatoes
1 tablespoonful cream
lemon juice
salt and pepper
parsley

(Enough for three or four people.)

Lay the fillets, cut in half or rolled, on a greased tin, sprinkle a little lemon juice and pepper on each, cover with greased paper and bake in the oven from 15 to 20 minutes. Cook the sliced tomatoes in 1 oz. butter; when tender pass them through a sieve. Make a sauce with the remainder of the butter, flour, milk and tomato purée, boil, then add seasoning and cream. Put the fillets

on a hot dish, coat with the sauce and garnish with cut lemon and parsley.

FISH, FILLETS OF, à la Maître d'Hôtel, to prepare.

fillets of plaice or sole	chopped parsley
1 oz. flour	lemon juice
1 oz. butter	salt and pepper
½ pint milk	

(Enough for three or four people.)

Skin and fillet the fish, bake in the oven on a greased tin sprinkled with lemon juice and pepper. Make a sauce with the flour, butter and milk, add the chopped parsley and lemon juice, season well. Place the fillets on a hot dish, coat them with the sauce, and garnish with cut lemon and parsley.

FISH, FRICASSEE OF, to prepare.

1 lb. cold cooked fish	1 gill cream
1 oz. butter	lemon juice
1 oz. flour	salt and pepper
1 gill milk	mashed potatoes

(Enough for four or five people.)

Remove skin and bones from fish and roughly flake it, make a white sauce with butter, flour, milk and cream, season well and add lemon juice. Make a border of mashed potato, using a rose tube and forcing bag; place the mixture in the centre; garnish with lemon and parsley. Another suitable garnish is the flaked yolk of hard-boiled egg.

FLANNELS, to remove grass stains from.

Apply to the stains equal parts of yolk of egg and glycerine; allow to remain for an hour or so; then wash the flannels in the usual way.

For slighter stains on white flannels and serge costumes, put powdered magnesia on dry, brush off after laying it aside for a day, and shake well.

FLANNELS, to wash.

Make a lather by adding 2 tablespoonfuls ammonia to a bucket of lukewarm water and pure white soap. To prevent shrinking steep the flannels for half an hour in above liquid. Place a board over the washing tub to keep in the steam, and wash in the usual way.

FLAT FOOT, to treat.

The sole of the foot should be rubbed with embrocation and exercises done daily. The patient should turn his toes inwards and raise the body on tiptoe. The exercise should be gone through several times every morning; as the muscles get stronger the number of exercises should be increased. A sharp walk should be taken every day. A pad or metal spring may be worn in the boot.

FLATULENCE, to relieve.

A teaspoonful of bicarbonate of soda in a tumbler of hot water should be taken. Peppermint water will also relieve it.

FLAX, to cultivate. *See* LINUM.

FLEAS, to prevent in bedding.

A liberal sprinkling of Persian powder will keep fleas away from bedding.

FLIES.

A fresh bunch of stinging nettles hung up in the window will prevent the entrance of flies.

FLOORS, DAMP.

When linoleums are laid on tiled floors damp frequently rises. To prevent this get a quantity of the cork in which grapes are packed. (Greengrocers are always willing to get rid of it.) Scatter this about quarter of an inch thick between the floor and the linoleum and the moisture will not again appear.

FLOORS, STAINING.

Colours for staining white wood can be obtained prepared at any oil-shop, but the quantity required is often more than anticipated. By far the cheapest way to stain flooring is to buy an ounce of permanganate of potash and dissolve sufficient for use in warm water; then paint the wood with it, and it will leave a stain not unlike dark oak or walnut. It must not be allowed to touch the hands, as it will dye them deep brown. The result on the wood will be a dull surface, but if a polished appearance is preferred it can be painted over with a coating of white varnish, and then will be found to look very well.

FLOUR, to test.

Pass the flour through a fine sieve after warming for 1½ hours; if it is not lumpy and has a pleasant smell the flour is good.

FLOWERS, to revive.

Cut a small piece off the stem every day and split hard woody stalks about an inch from the bottom. Add a little soda and salt to the water to freshen the flowers. Several sheets of damp newspaper should be wrapped round flowers sent by post.

FLOWER SEEDS, to test ripeness of.

Place a sample of the seeds in water. Ripe seeds will sink; unripe ones will float on the surface.

FLY-PAPERS, to make.

Take pieces of strong, thick paper, smear with treacle and scatter Persian powder over it. Place in prominent positions. Always burn fly-papers after use.

FOMENTATIONS, HOT.

Take a towel and lay it in a basin. Put a piece of flannel inside, pour boiling water over it and then wring out the towel with the flannel inside it. Apply flannel as hot as can be borne, cover with a piece of oilskin and keep it warm with a piece of cotton-wool large enough to cover it. Where hot fomentations are necessary replacements must be prepared before the previous ones have had time to get cold. When the hot fomentations are discontinued, a piece of flannel or pad of cotton-wool should be wrapped around the part to prevent a chill.

FOOD, how to store.

Keep food in a cool place. Never leave it exposed to the air. Even in the cleanest rooms the air is full of germs which will settle on the food and make it unwholesome.

Joints will keep longer if hung from the ceiling or shelf. Cover with a piece of butter muslin.

Never let raw meat lie in its own juice. Prop it up with a wooden spoon to allow the air to circulate round it.

Milk must be covered but not too closely. Keep a piece of clean muslin over the mouth of the jug.

Cover butter and margarine with a cloth. In hot weather keep this moist.

FOOD IN SEASON.

The following tables show when the various kinds of foods are in season. Foods listed under the heading " always in season " are not, of course, included in the monthly tables.

ALWAYS IN SEASON

FISH.—Anchovies, bream, brill, cockles, crayfish, dory, flounders, dried haddock, halibut, lampreys, lobsters, mullet, mussels, plaice, prawns, shrimps, soles, turbot, whiting.

FRUIT.—Apples, bananas, grapes (foreign), lemons, oranges, pineapples, prunes, and dried fruits.

MEAT.—Beef, mutton, veal.

POULTRY.—Capons, chickens, fowls, pigeons.

VEGETABLES.—French beans, beetroot, cabbages, carrots, cucumbers, haricot beans, leeks, lettuce, mushrooms, onions, potatoes, tomatoes, turnips.

JANUARY

FISH.—Barbel, bloaters, carp, char, cod, crabs, dabs, dace, eels, grayling, gurnet, haddocks (fresh), herrings, ling, oysters, perch, pike, scallops, skate, smelts, sprats, tench, whitebait.

FOOD IN SEASON—*continued*

FRUIT.—Cranberries, pears, rhubarb.

MEAT.—Pork.

POULTRY AND GAME.—Ducks, geese, turkeys, hares, partridges, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, venison (doe), widgeon, wild duck, woodcock.

VEGETABLES.—Artichokes (Jerusalem), broccoli (white and purple), brussels sprouts, cabbages (red), celery, chervil, cresses, endive, horse-radish, parsnips, salsify, savoy cabbages, Spanish onions, spinach, truffles.

FEBRUARY

FISH.—Barbel, bloaters, carp, cod, dabs, eels, haddock, herrings, ling, oysters, perch, pikes, salmon, scallops, shad, skate, smelts, sturgeon, tench, thornback, trout, whitebait.

FRUIT.—Pears, rhubarb.

MEAT.—Pork.

POULTRY AND GAME.—Ducks, geese, guinea-fowl, turkeys, hares, leveret, partridges, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, widgeon, wild duck, woodcock.

VEGETABLES.—Artichokes (Jerusalem), broccoli, brussels sprouts, celeriac, celery, cresses, endive, horse-radish, parsnips, salsify, savoys, sea-kale, Spanish onions, spinach, truffles.

MARCH

FISH.—Bloaters, carp, cod, conger-eels, crabs, dabs, gurnet, ling, mackerel, oysters, pike, salmon, salmon-trout, scallops, shad, skate, smelts, sprats, sturgeon, tench, trout, whitebait.

FRUIT.—Forced strawberries, pears, rhubarb.

MEAT.—Lamb, pork.

POULTRY AND GAME.—Ducklings, ducks, guinea-fowl, turkeys, hares, ortolans, ptarmigan, rabbits, wild duck, woodcock.

VEGETABLES.—Artichokes (Jerusalem), broccoli, brussels sprouts, celeriac, endive, horse-radish, parsnips, radishes, salsify, savoys, sea-kale, Spanish onions, spinach, spring onions, truffles, turnip tops, watercress.

APRIL

FISH.—Bloaters, carp, crabs, dabs, hake, ling, mackerel, oysters, salmon, shad, skate, smelts, sturgeon, trout, whitebait.

FRUIT.—Rhubarb. Forced apricots, cherries, strawberries.

MEAT.—Lamb, pork.

POULTRY AND GAME.—Ducklings, guinea-fowl, ortolans, ptarmigan.

FOOD IN SEASON—*continued*

VEGETABLES.—Artichokes (Jerusalem), asparagus, horse-radish, parsnips, radishes, sea-kale, Spanish onions, spinach, spring onions, turnip tops, watercress.

MAY

FISH.—Crabs, hake, herrings, mackerel, perch, salmon, scallops, shad, smelts, sturgeon, trout, whitebait.

FRUIT.—Gooseberries (green), rhubarb. Forced apricots, peaches, strawberries.

MEAT.—Lamb.

POULTRY AND GAME.—Ducklings, guinea-fowl, venison (buck).

VEGETABLES.—Artichokes (Jerusalem), asparagus, cresses, greencorn, green peas, horse-radish, new potatoes, parsnips, radishes, sea-kale, Spanish onions, spinach, watercress.

JUNE

FISH.—Chub, crabs, eels, gudgeon, hake, herrings, mackerel, perch, salmon, scallops, shad, sturgeon, trout, whitebait.

FRUIT.—Apricots, cherries, gooseberries, melons, raspberries, strawberries. Forced grapes, nectarines, peaches, pines.

HERBS (*for drying*).—Burnet, mint, tarragon, lemon thyme.

MEAT.—Lamb.

POULTRY AND GAME.—Ducklings, guinea-fowl, venison (buck).

VEGETABLES.—Artichokes (Jerusalem), asparagus, cauliflower, egg plant, greencorn, green peas, horse-radish, new potatoes, radishes, sea-kale, spinach, spring onions, watercress.

JULY

FISH.—Chub, crabs, eels, grayling, gudgeon, hake, herrings, mackerel, perch, salmon, shad, sturgeon, trout, whitebait.

FRUIT.—Apricots, cherries, currants, figs, gooseberries, melons, raspberries, strawberries.

HERBS (*for drying*).—Marjoram.

MEAT.—Lamb.

POULTRY AND GAME.—Ducklings, quinea-fowl, venison (buck).

FOOD IN SEASON—*continued*

VEGETABLES.—Artichokes (Globe), asparagus, broad beans, cauliflower, cresses, egg plant, greencorn, green peas, new potatoes, runner beans, shallots, spinach, vegetable marrows. *For Pickling:* French beans, red cabbage, cauliflower, garlic, gherkins, nasturtiums, onions. *For Drying:* Mushrooms.

AUGUST

FISH.—Chub, crabs, eels, grayling, gudgeon, haddock, hake, herrings, perch, salmon, shad, skate, sturgeon, trout, whitebait.

FRUIT.—Apricots, cherries, currants, figs, gooseberries, grape fruit, greengages, melons, mulberries, plums, raspberries, strawberries.

HERBS (*for drying*).—Basil, sage, thyme.

MEAT.—Lamb.

POULTRY AND GAME.—Ducklings, geese (green), guinea-fowl, blackcock, capercailzie, grouse, landrail, leveret, venison (buck), wild duck, woodcock.

VEGETABLES.—Artichokes (Globe), broad beans, cauliflower, cresses, egg plant, green peas, new potatoes, runner beans, shallots, vegetable marrow, watercress. *For Pickling:* Red cabbage, capsicums, chillies, tomatoes, walnuts.

SEPTEMBER

FISH.—Barbel, bloaters, char, chub, conger-eels, crabs, dabs, eels, grayling, gudgeon, haddock, herrings, ling, oysters, perch, pike, salmon, shad, skate, sturgeon, trout, whitebait.

FRUIT.—Apricots, blackberries, bullaces, currants, damsons, figs, gooseberries, grapes (hot-house), grape fruit, greengages, melons, nectarines, peaches, pears, plums, pumpkins, quinces, raspberries, strawberries.

MEAT.—Lamb, pork.

POULTRY AND GAME.—Ducks, geese, green geese, turkeys, blackcock, capercailzie, grouse, hares, landrail, leveret, partridges, ptarmigan, quail, rabbits, venison (buck), wild duck, woodcock.

VEGETABLES.—Artichokes (Globe), brussels sprouts, cabbage (red), cauliflower, cresses, egg plant, green peas, marrows, new potatoes, runner beans, shallots.

OCTOBER

FISH.—Barbel, bloaters, char, chub, conger-eels, crabs, dabs, eels, grayling, gudgeon, gurnet, haddock, herrings, ling, oysters, perch, pike, salmon, trout, skate, smelts.

FOOD IN SEASON—*continued*

FRUIT.—Apricots, blackberries, bullaces, damsons, grapes (hot-house), medlars, melons, nectarines, peaches, pears, plums, pumpkins, quinces.

MEAT.—Pork.

POULTRY AND GAME.—Ducks, geese, green geese, turkeys, blackcock, capercailzie, grouse, hares, leveret, partridges, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, venison (doe), widgeon, wild duck, woodcock.

VEGETABLES.—Artichokes (Globe), broccoli, brussels sprouts, cabbage (red), cauliflowers, celeriac, egg plant, horse-radish, parsnips, runner beans, shallots, Spanish onions, watercress.

NOVEMBER

FISH.—Barbel, bloaters, carp, char, chub, cod, conger-eels, dabs, eels, grayling, gudgeon, gurnet, haddock, herrings, ling, oysters, perch, pike, skate, smelts, sprats, tench.

FRUIT.—Apricots, cranberries, medlars, melons, pears.

MEAT.—Pork.

POULTRY AND GAME.—Ducks, geese, turkeys, blackcock, capercailzie, grouse, hares, leveret, partridges, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, venison (doe), widgeon, wild duck, woodcock.

VEGETABLES.—Artichokes (Jerusalem), broccoli, brussels sprouts, cabbage (red), cauliflower, celery, cresses, egg plant, endive, horse-radish, parsnips, savoys, shallots, Spanish onions, spinach, truffles, watercress.

DECEMBER

FISH.—Barbel, bloaters, carp, chub, cod, dabs, eels, gudgeon, haddock, ling, oysters, perch, pike, skate, smelts, sprats, tench.

FRUIT.—Apricots, cranberries, pears.

MEAT.—Pork.

POULTRY AND GAME.—Ducks, geese, turkeys, grouse, hares, partridges, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, venison (doe), widgeon, wild duck, woodcock.

VEGETABLES.—Artichokes (Jerusalem), broccoli, brussels sprouts, cabbage (red), celery, endive, horse-radish, parsnips, salsify, savoys, shallots, Spanish onions, spinach, truffles, turnips.

FORCEMEAT BALLS, to make.

2 tablespoonfuls bread-crumbs
1 tablespoonful chopped suet
1 teaspoonful chopped parsley
½ teaspoonful chopped herbs
little grated lemon rind
little nutmeg
1 egg

Mix all the ingredients together, bind with egg, and form into small balls.

FORCEMEAT, CHESTNUT, to make.

½ lb. chestnuts
½ lb. bread-crumbs
½ lb. butter
1 egg
stock
nutmeg
salt and pepper

Peel and boil the chestnuts until the skin can be removed, stew them in some stock; when cold pound them with the bread-crumbs, add butter, nutmeg, salt and pepper, bind with egg and use as directed.

FORCEMEAT, VEAL, to make.

4 oz. bread-crumbs
2 oz. suet
1 teaspoonful chopped parsley
½ teaspoonful mixed herbs
little grated lemon rind
1 egg
salt and pepper

Chop the suet, add bread-crumbs, parsley, herbs and lemon rind, mix with beaten egg, season and use as directed.

FORGET-ME-NOT, to propagate.

A hardy perennial, which sows itself freely. Dwarf plants for pots may be had by striking terminal shoots in early spring on a gentle bottom heat.

FOWL, to boil.

1 fowl
stock to cover
1 pint béchamel sauce
lemon
1 hard-boiled egg
chopped parsley
salt and pepper
boiled bacon or ham

Draw and truss the fowl, taking care to loosen the skin of the legs and to push them well up inside the body. Put it into hot stock, having first wrapped it in buttered paper with two slices of lemon on the breast. Simmer gently till tender. When cooked lift out on to a hot plate, drain and remove string and paper; place on a hot dish, coat with béchamel sauce, decorate with yolk of egg put through a sieve and chopped parsley; garnish the dish with lemon and parsley and the cups of white of hard-boiled egg filled with vegetables. Serve with boiled ham or bacon.

FOWL, to roast.

fowl
veal stuffing
bread sauce
bacon

Draw the fowl, make some veal stuffing, put it in the breast where the crop was, remove the gall from the liver and the bag

from the gizzard, put them into the skin of the wings and turn the tips over on the back. Pass a threaded trussing needle through the lower points of wings and upper part of legs, taking a stitch to secure the flap to keep in stuffing, tie on the back, place the legs together, and fasten them to the body. Wrap in buttered paper and roast, basting frequently. When nearly done remove the paper, dredge with flour and froth and brown it nicely. Trim the bacon, roll up, thread the rolls on a skewer, and cook in the oven with fowl from 10 to 15 minutes. Dish up the fowl, remove the string, place on a hot dish; make the gravy as for roast meat. Pour a little round the fowl, place round the rolls of bacon and garnish with watercress. Serve with bread sauce and the rest of the gravy.

FOWLS, to fatten.

Feed frequently and in small quantities with a mixture of ground rice sweetened with foots sugar and made into thick paste with boiling milk. *See also* CHICKENS, to fatten quickly.

FOWLS, SICK, to treat.

Sick fowls may often be restored to a healthy condition if a few finely-chopped leeks are mixed with their food.

FOXGLOVE, to propagate.

A hardy perennial valuable in borders, shrubberies, and the wild garden. Any deep, moist soil is favourable, and seed may be sown in the open in June and July for flowering the following summer.

FRACTURES.

SIMPLE.—When the bone is broken, but the skin remains intact.

COMPOUND.—When both the bone and the skin are broken. The ends of the bone may protrude through the opening.

COMMINUTED.—When the bone is broken in several places.

COMPLICATED.—When other structures, such as nerves and arteries, are injured.

The collar bone is the bone which is most frequently fractured.

Symptoms.—The signs of the injury, pain, bruising, swelling, inability to use the part, and sometimes deformity and displacement. The ends of the bones, upon manipulation, can be heard grating together. Shock will be present and varies with the extent of the injury.

Treatment.—Should never be handled by an unskilled person—otherwise this may lead to further injury to the part and a simple fracture may be made compound. If it is necessary to move the person before the arrival of a surgeon, a splint should be put on. This may consist of anything handy, such as an umbrella or walking-stick. In the case of a compound fracture a clean handkerchief should be placed over the wound in the skin.

FRAMES, GILT, to restore.

Add to 1½ pints of water sufficient flour of sulphur to give a golden tinge, and in this boil 4 or 5 bruised onions. Strain off the liquid, and allow to cool. Apply with a soft brush and leave to dry.

FRECKLES, a lotion for.

Mix together 8 oz. vinegar, 2 oz. finely-chopped lemons, 1 oz. alcohol (85 per cent.), 2 dr. lavender oil, 30 drops Cedra, and 1 oz. water. Allow to stand for four days before filtering. The lotion should be applied by means of cotton-wool or a sponge to the freckled skin before retiring, and allowed to dry on.

FRECKLES, to remove.

Stand some grated horse-radish in sour milk for about four hours and use as a wash for the face morning and evening.

FRITILLARIA (FRITILLARY), to cultivate.

A bulbous plant of the lily tribe, one species of which—*F. Meleagris,* the common fritillary or snake's-head—grows wild in the moist meadows of this country (at Oxford, for instance). The stately member of the family is *F. imperialis* (Crown Imperial), growing from 3 to 4 feet high and bearing masses of bell-like flowers. There are several varieties of this species, with flowers ranging from pale yellow to deep orange and fine red, and the *aurea marginata* has gold-striped foliage. Other kinds of more delicate beauty are *F. aurea* with pale yellow spotted flowers, *F. latifolia* with pendulous flowers of various shades of purple, and *F. recurva* with flowers of mixed red and yellow. All are quite hardy and will grow in almost any soil, but thrive best in good deep loam. The bulbs should be planted in autumn and may be increased by division every three or four years, lifting in autumn and replanting immediately in fresh soil.

FREESIA, to cultivate.

This is a half-hardy bulbous plant with beautiful white, or yellow, flowers of delicious fragrance. It is easily raised from seed sown in a rich compost, but as the roots are very brittle, care must be used in transplanting. From seeds sown in February or March flowers may be obtained the same year, while a further sowing in August will supply plants for the following spring.

FRENCH BEANS. *See* BEANS, FRENCH.

FRITTERS, FRUIT, to prepare.

apples or bananas
3 oz. flour
1 tablespoonful oil
2 tablespoonfuls tepid water
white of 1 egg
pinch of salt

Put the flour and salt into a basin, make a well in the centre, pour in the oil, add the water gradually and mix smoothly; beat

well. Let it stand for an hour if possible, then add the whipped white of egg lightly. Peel the apple, cut into slices, take out the core, leaving a ring, dip in the batter, fry in hot fat; drain well. Dish on a lace paper; sprinkle with castor sugar. Serve at once.

Note.—Bananas, oranges, apricots, pineapple may be used instead of apples.

FRITTERS, GROUND RICE.

6 oz. ground rice
1 heaped teaspoonful chopped parsley
1 heaped teaspoonful finely chopped onion
6 eggs

First cook rice thoroughly in 3 gills of water, strain, mix with other ingredients, form into fritters and fry in boiling oil.

FRITTERS, POTATO.

1 lb. potatoes
4 eggs
1 heaped tablespoonful bread-crumbs

Cook potatoes and mash, mix with the other ingredients, form into fritters and fry in boiling oil.

FRITTERS, SAVOURY.

½ lb. onions
little dried and powdered sage
pepper, salt
4 eggs
¼ lb. bread-crumbs

Pour a little boiling water over bread-crumbs and allow to soak for an hour. Thoroughly cook onions and then chop finely. Strain off any surplus water from the bread-crumbs, well beat the eggs and then mix all ingredients together. Make into fairly large fritters (about 2½ inches long and ½ inch thick) and fry in boiling oil.

FROST BITE, to treat.

The frost bite must be thawed gradually, otherwise the blood will rush back and cause severe inflammation and death of the part. The patient should be put in a cool room, and the injury rubbed with snow or cold water, and the surrounding temperature gradually raised. Small quantities of warm drink may be given. When the circulation is restored the part should be wrapped in cotton-wool and carefully protected from injury.

FRUIT, to bottle.

Fill the bottles with fruit that has been wiped with a dry cloth, and then cover with cold syrup and cork tightly. Loosen the corks and place the bottles in a steamer of cold water and boil slowly for about 1½ hours. After removing them from the steamer, tightly seal the bottles and store them in a dry, cool place.

FRUIT, to preserve.

Blackberries, whortleberries, currants, raspberries, peaches, plums, apples, pears, and quinces can all be preserved by drying them in the sun, and then storing in bags in a cool, dry place.

Green currants and green gooseberries can be preserved thus. Gather when perfectly dry, put into very dry bottles when free from stems and eyes, put the bottles uncorked into a pan of cold water, then bring to the boil. Cork the bottles (the fruit should come up to the cork), and seal them with beeswax and rosin. Store in a dry place, where they will not freeze. Everything depends on success in excluding *air and water*. The surest mode of storing bottles is to put them in boxes, and to fill the spaces with dry sand.

FRUIT, COMPOTE OF, to prepare.

fruits (all kinds in season)
½ lb. loaf sugar
½ pint water
lemon juice
noyeau or any liqueur

Make a syrup with the sugar and water, boil for 10 minutes; prepare the fruit carefully, cut into neat dice or fancy shapes and stew *very slightly*. Turn into a basin and allow to stand till cold, add noyeau or any other liqueur to taste; put in a salad bowl or glass dish, piling up fruit in centre. Colour the syrup with a few drops of carmine; decorate with blanched and shredded almonds and pistachio nuts.

FRUIT CUP, to make.

Mix together 1 bottle raisin wine, juice of a lemon, and 1 tablespoonful each of rum and noyeau. Sweeten as desired, adding 1 wineglassful of crushed ice and a bottle of soda water. Stir well. Decorate with slices of bananas, grapes and preserved fruits, and serve in cups.

FRUIT PUDDINGS. *See* PUDDING, BOILED FRUIT.

FRUIT SALT, to prepare.

Dry and mix thoroughly 2 oz. bicarbonate of soda, 2 oz. tartaric acid, 2 oz. cream of tartar, 2 oz. magnesia citrate, 1 oz. Epsom salts, and ½ lb. powdered loaf sugar. Pour into bottles and keep in a dry place. Take 1 teaspoonful in a tumbler of water.

FRUIT TARTS. *See* TARTS, FRUIT.

FRUIT TREES, to free from gum.

Scrape off the gum and then wash with a mixture of horse-manure, clay and tar.

FRUIT TREES, to protect from birds.

In the case of gooseberries, etc., a simple plan is to run a thread of stout black cotton from branch to branch all round the bush. The cotton being black, the birds do not easily see it, and alighting on a branch, their claws become entangled and they are alarmed, so that they shun the spot for the future. The same method may be usefully applied to protect the young shoots of peas.

Another good method is to dust the bushes with a mixture of quicklime and soot immediately the leaves have fallen and several times afterwards in the winter. The birds will not then touch the buds.

Yet another plan is to place on the ground beneath each bush a shallow pan kept filled with water. If the birds have free access to water which they can drink and splash about in without danger, they will refrain from attacking the buds for their moisture. The same also applies to the ravages made by birds on ripe fruit.

FRUIT TREES, to remove moss from.

The branches should be washed with strong salt water or solution of lime.

FRUIT TREES, to transplant.

Fruit trees may be transplanted at any time of the year, but it has been proved that best results are obtained by moving them at night. The earth about the roots should be disturbed as little as possible.

FRYING.

If a little salt is sprinkled in the frying-pan before the fat is put in, this will prevent splashing. Fat must be boiling, i.e., a thin blue smoke must rise from it, for successful frying—otherwise the food will appear greasy.

FUCHSIA, to cultivate.

It is quite easy to raise fuchsias from seed, which, if sown in January or February, will produce plants ready to bloom in July or August. Early sowings must be made in heat, and for the soil in which the seedlings are potted off a mixture of cow-dung is advised.

FUDGE, to make.

2 cupfuls sugar
⅛ teaspoonful cream of tartar
2 squares chocolate
1 cupful milk or water
1 teaspoonful vanilla

Mix the sugar, cream of tartar, chocolate and milk, and place over a warm fire. Stir steadily until the mixture begins to boil, and afterwards stir occasionally. Test by dropping a little into cold water; if it can be rolled into a soft ball between the fingers, the fudge is ready. When lukewarm, add the vanilla and stir until the mixture is thick. Pour into a buttered tin and cut into squares.

FULLER'S EARTH, use of.

Fuller's earth should always be well baked before use. This will render the bacilli it contains harmless.

FUNERALS. *See* BEREAVEMENTS.

FUR.

A fur that is constantly worn often gets very shabby-looking round the back. This can largely be prevented by shaking it in front of a fire for a few seconds every time after wearing.

FUR IN KETTLES, to prevent. *See* KETTLES, to prevent fur coating in.

FURNITURE, dusting.

When dusting dark furniture a little oil on the duster keeps the articles treated more free from dust.

FURNITURE, to clean.

Mix a quart of cold beer or vinegar with a handful of common salt and a tablespoonful of muriatic acid and boil for 15 minutes. Put it in a bottle and warm when required for use. Wash the furniture with soft hot water to remove the dirt, apply the mixture and polish with a soft flannel rag.

Kerosene is very good for cleaning either oak or walnut furniture.

FURNITURE, to polish.

Wash the surface with soft tepid water and rub well with a washleather. Then polish with a soft clean duster, without using cream.

FURNITURE, to remove hot plate marks on.

Though it is very difficult indeed entirely to remove these marks, they may be made less evident if rubbed with linseed oil and the table afterwards polished with spirits of wine. Repeat the process several times if necessary.

FURNITURE, to remove scratches on.

Make a mixture of equal parts of linseed oil and turpentine and apply to the scratches, rubbing gently with a piece of soft rag.

FURNITURE, to remove worms in. *See* WORMS.

FURNITURE, BAMBOO, to clean.

Clean with a soft brush dipped in salt water and, after drying with a soft rag, rub over with a drop of linseed oil.

FURNITURE, BLACK WALNUT, to clean.

Take a piece of flannel, moisten it with paraffin, and rub it into the wood until dry. Then thoroughly rub in the following polish on a piece of old silk: Equal parts of turpentine, linseed oil and vinegar. Mix thoroughly and shake well before using.

FURNITURE CREAM, to make.

½ lb. beeswax
2 oz. soap
1 oz. pearl ash
½ gallon soft water

Boil together until mixed.

FURNITURE CREAM, to make. (Another recipe.)

Take 1 oz. castile soap, 1 oz. white wax, and 1 oz. beeswax and shred into thin slices. Cover with ¼ pint turpentine and allow to stand for 24 hours. Well beat up whilst gradually adding ¾ pint boiling water. Stir to a smooth, even cream and bottle instantly.

FURNITURE, NEW.

New furniture, which invariably sweats a good deal, does not require polishing with creams. Put about two quarts of warm water into a pail, and add a cupful of vinegar. Soak a wash-leather, and wring almost dry, and rub the furniture well.

FURNITURE OIL, to make.

1 pint linseed oil, 2 oz. alkanet root; heat, strain, and add 1 oz. lac varnish.

FURNITURE PASTE, to make.

Beeswax, spirits of turpentine, and linseed oil, equal parts; melt and cool.

FURNITURE POLISH, to make.

Shake thoroughly together 4 oz. sweet oil, 4 oz. vinegar and 1 oz. finely-powdered gum arabic. Apply with a rag. Or—

Mix 1 pint vinegar with ½ pint turpentine and apply with a brush.

After using furniture polish, finish the polishing with a hot duster. This will give extra brilliancy.

FURS, to clean.

All expensive furs, such as sable and skunk, etc., can be cleaned to look like new by being well rubbed with hot silver sand. After a good rubbing thoroughly shake and beat the fur.

GALL-STONES.

Gall-stones may exist for years and give rise to no symptoms at all, but if they are forced from the gall-bladder into the bowels their passage causes excruciating pain.

Causes.—Over-eating and insufficient exercise; fatty and starchy foods. They occur in middle and advanced life, and women are more liable to them than men.

Symptoms.—The person is suddenly seized with agonizing pain in the lower part of the right chest, right shoulder and back. The person vomits, becomes collapsed and perspires profusely. The attack passes off, the stone having either passed into the bowel, or slipped back into the gall-bladder. Jaundice usually follows.

Treatment.—The person should be put in a hot bath, and 20 drops of laudanum given.

Gall-stones may be removed by operation and all further trouble thus avoided.

To prevent the formation of gall-stones, the amount of fat and

starchy foods, such as potatoes, arrowroot, bread, rice, sago, should be limited, and one or two teaspoonfuls of sulphate of soda should be taken in water every morning before breakfast.

GALVANIZED BUCKETS, etc.

A little paraffin will clean these effectively.

GAME, to buy and keep fresh.

Most of the tests for the age of poultry can be applied to game; but game should always be bought in its feathers, never after it is plucked. Game is greatly improved in tenderness and flavour by hanging; it is not considered worth eating while fresh. The length of time for hanging depends on the weather and the larder. In cold, dry, windy weather it will keep for some weeks, according to the taste of the consumer; but if the atmosphere is moist and warm it decomposes quickly and becomes unwholesome and unfit to eat. Birds should be hung by the neck and sprinkled with pepper to keep away the flies and hung in a safe in the open air if possible.

Waterfowl, such as wild duck, snipe, teal, etc., should not hang more than a day or two.

A good method is to place near the game some muslin bags filled with powdered charcoal, and to renew them daily.

GAME IN SEASON.

Pheasant are in season from October 1st to February 1st; partridge, September 1st to February 1st; grouse, August 12th to December 10th; blackcock, August 20th to December 10th; ptarmigan, August 12th to December 10th; hares, September 1st to March 1st; wild duck, teal, snipe, widgeon, August 1st to March 1st; buck venison, June to September; doe venison, November to February. *See also* FOOD IN SEASON.

GARDENIA (CAPE JESSAMINE), to cultivate.

A useful shrub for green-house cultivation and a general favourite by reason of its pure white, highly-scented flowers. *G. florida* is the variety that goes by the name of Cape Jessamine, and for its successful growth it requires good heat and plenty of moisture. Propagation is usually made by cuttings, but it may be raised from seed.

GARDEN-PARTIES AND FÊTES.

A garden-party is a very popular kind of entertainment and one which does not put so great a social strain as some upon the hostess, also it is a form of hospitality possible alike to the wealthy and those in less affluent circumstances if they are the lucky possessors of a sufficiently large and pleasant garden, and these are often found in towns as well as in the country.

For a large function invitations are sent out about three weeks in advance by means of printed cards bearing the words "Garden-Party" instead of the usual "At Home," and if tennis, bowls, clock-golf, croquet, or dancing is to be a feature, the descriptive word should be added across a corner of the card.

When the grounds are spacious enough for a large party to be entertained comfortably, the words " and party " or " and friends " are often added to the name of the recipient, who is thus able to take several friends or members of the family, introducing to the hostess upon arrival anyone not previously known to her.

The hostess of course pays special attention to any strangers thus introduced into her circle, sometimes making such introductions as she thinks will prove mutually congenial, though introductions are not the usual rule at a garden-party.

A chief anxiety of the garden-party hostess is the doubt as to whether she will have a fine day, and occasionally the words " weather permitting " are inscribed on the invitation card, but more generally guests are expected to turn up in any case, and if the elements are too unfavourable for outdoor enjoyment the affair will resolve itself into an ordinary indoor " At Home."

Arrangements should always be made for the cars of guests and for hospitality for their chauffeurs in the servants' hall.

The hostess receives her guests on the lawn, and tea or other refreshments may be served there, or in a marquee erected for the purpose, according to the facilities afforded by the garden or grounds in which the party takes place.

Servants may be in attendance, or gentlemen present may help their hostess in looking after the ladies.

A band or orchestra will probably be engaged; indeed, if there is to be dancing, music is a necessity. When tennis or other games are played, the usual etiquette of the game in question is observed and players waive their own preferences in the matter of partners or order of playing, in deference to any wish expressed by their hostess or the arrangements she may make. In any case, no players should usurp the playing-ground for an unfair length of time.

Should no such diversions be available, guests will be well enough entertained with music, conversation, and strolling about the grounds, or sometimes a special attraction in the way of pastoral plays or classical dances, either by amateurs or professionals, may be introduced.

Departing guests take leave of their hostess if opportunity allows, but it is not necessary if she is not easily to be found, and cards will be left upon her the next day.

Evening Garden-Parties.—Evening garden-parties, with dancing either on the lawns or in the ballroom, are held at country residences. Gentlemen wear evening dress, but though one does see conventional evening gowns, really dainty garden-party frocks are far more suitable for the ladies, and a light, pretty wrap should be taken, as it may be chilly sitting out-of-doors between the dances. Shoes should be dainty, too, but as gravel paths and dewy lawns have to be taken into consideration, they should not be too frail and delicate for the occasion.

Tea, coffee, light wines, and " cups," and dainty refreshments are usually served throughout the evening, either in a marquee or in a room easily accessible from the garden.

Informal Little Parties.—For more homely little garden-parties

the formal invitations will be dispensed with, friends being invited personally over the phone or by simply-worded notes, and the hostess will greet her guests how and where seems best to her. When there is a maid she will conduct visitors to the garden, where her mistress is awaiting them.

For the most informal affairs, however, the hostess should have made definite arrangements concerning the refreshments, so that they are forthcoming and daintily served when required, to avoid any worry and bustle or the embarrassing discovery that certain adjuncts to the feast are missing or have met with disaster; in fact, it is better to have everything daintily set out in the garden—or in a room opening into the garden—before the guests arrive.

Refreshments are much of the same kind as those provided for indoor afternoon "At Homes," strawberries, raspberries, or other fruit, with cream, ices, lemonade, fruit-cup and other iced drinks being pleasant additions when the weather is warm.

Comfortable seating accommodation should be provided in the garden for older people, but the younger folks may be expected to look after themselves, rugs and cushions coming in handy if more conventional seats are limited.

Music always adds to the enjoyment, though it be but a single instrument played by some member of the family, or the ever useful gramophone, which is a good friend if dancing is part of the programme.

Public Garden-Parties.—Quite different in some respects from either the large or small private entertainments are large public garden-parties or fêtes, which are often arranged to aid some charity.

Admission is usually by tickets, which can generally be bought by the general public, and often some private park or grounds will be lent for the occasion.

As a rule some person or personages of importance will be asked to lend the distinction of their presence to the affair, but ticket-holders have no social claims upon them, each person or party finding their own diversion and paying for any refreshments they require, if these are not included in the price of the tickets, and all should respect the privilege of spending a pleasant time in someone else's grounds, even though paying for the privilege, for it is unpardonable to gather flowers, trample on carefully-kept turf or flower-borders, leave any litter, behave noisily or push and hustle to secure good places for refreshments or any entertainment provided.

GARGLE, CHLORATE OF POTASH, to prepare.

Put 2 oz. chlorate of potash into a tumbler of cold water. Only a little will dissolve, but after gargling with the solution, fill up afresh each time with water until all the potash has been dissolved. Cover tumbler when not in use.

GARLIC, to grow.

Plant out the cloves of the root in February, about 9 inches apart, in rich soil. Take up and store in July.

GARNISHES, suitable for various dishes.

BEEF, ROAST.—Horse-radish.

BEEF, BOILED.—Sliced carrot, or beetroot.

CALF'S HEAD.—Sliced lemon.

LAMB, ROAST.—Mint.

MUTTON, ROAST.—Red currant jelly.

VEAL, ROAST.—Sliced lemon.

COLD MEAT OF ANY KIND.—Parsley.

GAME.—Barberries.

WILD DUCK, ETC.—Sliced lemon, or sliced seville orange.

TURKEY, FOWL, OR CAPON.—Fried sausages, or forcemeat balls.

FRIED FISH.—Sliced lemon.

TURBOT.—Fried smelts.

SALMON AND MACKEREL.—Fennel.

BOILED FISH.—Parsley.

GOOSE OR TURKEY.—Chestnuts.

MINCED MEAT.—Croûtons of bread.

GAS, a table for converting cubic feet into therms.

Cubic Feet	Therms
100	·5
200	1·0
300	1·5
400	2·0

and so on.

GAS, to save.

Unscrew the connection from gas-bracket, and put a little cotton-wool into the pipe (not too tightly), and reconnect. The light will be clearer, and less gas consumed. The wool acts as a purifier and checks the force of gas.

GAS COOKERS.

The best type of gas cooker is, of course, one which permits of the floor beneath being easily cleaned, is economical in gas consumption and easily regulated.

Hints regarding the use of.—To obtain the best results when using the oven of a gas cooker, the gas in the oven should be lighted for about 19 minutes before the oven is required. The solid metal shelf which is provided with all gas stoves is used for direct-

ing the heat downwards and consequently for browning any pudding, cake, or joint placed beneath it. If the article of food being cooked is browning too quickly, remove this solid metal shelf from the oven. To use a gas oven economically, it should never be used for cooking just one dish at a time. Always arrange to make full use of it. Considerable economy can be effected in gas consumption if the flames from the gas rings on the top of the stove are never allowed to protrude beyond the bottom edge of any saucepan, or kettle, and from this it naturally follows that the larger rings should never be used for small saucepans, etc.

Cleaning.—Most gas stoves are now made so that all the burners, etc., can be removed for cleaning. This should be done with a brush (blacklead should not be used) and any burners that have become clogged should be cleaned out with fine wire. The bars of the top of the stove should be brushed, cleaned with blacklead and replaced. The enamel tray underneath the burners should always be kept clean by washing with warm, soapy soda water. Any marks which are obstinate should be rubbed with monkey soap. Well dry the tray after washing. Polish all taps and rub steel parts, when necessary, with emery paper to keep from rusting. The oven itself requires special attention to keep it in thorough order—particularly after a joint has been roasted in it. All removable parts should be taken out, washed and dried, and the enamel lining should then be well washed with hot soda water. If this does not remove the stains, etc., rub the enamel with monkey soap, bath brick, or salt. Brush the burners and clean out any that have become clogged with the aid of fine wire. Replace all parts that have been removed.

GAS-METER, to read.

A gas-meter usually has an index with three or four clocks in a line. If there is another clock above these pay no attention to it. Taking the lower dials in order write down the figures indicated by the hands. Should a hand be between two figures write down the lower—for example; if a hand is between 9 and 0 write down 9. Reading from right to left the first dial indicates the thousands of cubic feet, the second the ten thousands, and the third, hundred thousands. In the case of a new meter all the hands should point to zero.

GENTIAN, to cultivate.

For the Alpine and rock garden the beautiful little gentians seem almost indispensable, and though the dwarf kinds which are those most suitable for the rock garden and edging are less easily grown than the larger sort, they need but a little care to establish them in healthy tufts. They must not be overshadowed by taller plants; fresh air and sunlight are essential to their welfare. The Vernal Gentian likes a soil of sandy loam but cannot endure much drought, and will benefit, therefore, by a few pieces of broken limestone being so placed as to retard evaporation. The Bavarian Gentian, with its flowers of iridescent blue, is another lovely example. It demands a moist, peaty soil—as bog-like as possible.

Gentians may be raised from seed by sowing in pans in spring and planting out.

GENTLEMEN FRIENDS, etiquette to be observed by girls residing away from home, in boarding-houses, etc.

When any gentleman, newly introduced to a girl, has escorted her home from the scene of the introduction, it is not correct for her to ask him to call, or for him to seek the permission from her. Any such invitation must come from the girl's mother, or any friends with whom she may be staying, so if she wishes to see more of her cavalier, she should introduce him to her mother or hostess.

When living in a boarding-house, it may be impossible for her to entertain a man friend there at all; perhaps she may not even ask him to call for her, or at best they can only be together under the curious gaze of other residents.

If living in lodgings, the problem is still more acute. More likely than not her landlady would object to any arrangement she wanted to make for receiving gentlemen friends, even if the available accommodation and facilities for entertaining made it possible and she intended asking friends of her own sex as well, which would not give the same freedom to enjoy the company she most wished for, as she would have, could she ask her sweetheart or a man " pal " to her own home.

The same difficulty, intensified, besets the girl who has made a little bachelor " nest " for herself. She cannot ask a gentleman for tea or a pleasant evening without bowing to convention, at least to the extent of securing the presence of a girl friend as well. Even so, or if she gives little parties to friends of both sexes, she must tread warily if she values her own good name.

Coming more freely in contact with men in the course of business, professional, and social life, drawn together by varied interests, a girl often has more men friends and acquaintances than was the case when she was only on intimate terms with the one man who was her recognized suitor, yet though enjoying a man's company, she may not care always to be under obligation to him for the lunches, teas, or dinners they take together.

A return of such hospitality to friends of whom her mother approves may be made in her own home by the girl fortunate enough to have one, but the bachelor girl, unable to entertain a man friend where she lives, has to find some other way out of the difficulty, and it is here that membership of a club, where gentlemen guests are permitted, may be very useful, for she can always ask a man acquaintance to a meal at her club without any embarrassing question arising as to who shall pay the piper.

GERANIUM, to propagate.

This requires a sunny, open spot and ordinary garden soil that is well drained and light. Sow under glass in March or August, or in the open in April. Increase by division in March or October. Cuttings of matured side shoots may be struck in August in a

frame. Plant in light sandy soil in the full sunshine and water freely.

GERMAN MEASLES. *See* MEASLES, GERMAN.

GIFTS, from a gentleman to a lady. *See* PRESENTS.

GILT, to clean.

Badly discoloured brass or gilt ornaments may be made to look like new by mixing a piece of soft soap the size of an egg in a pint of hot water with a tablespoonful of ammonia. Carefully wash article in the mixture prepared, rinse well with cold water, and dry with a soft cloth.

GINGER, to preserve.

Scald young ginger roots, peel when tender, and put them into cold water which should be changed frequently. Then steep them for a few days in a thin syrup and finally put into jars and cover with a rich syrup.

GINGER BEER, to prepare.

Boil together for an hour, 1 gallon water, 1 oz. bruised ginger and 1 lb. sugar. Skim the liquor and pour into a jug containing ½ sliced lemon and ¼ oz. cream of tartar. Allow to cool and then add ½ teacupful yeast and let it work for two days. Strain and bottle, tying the corks firmly down. It will be ready for use in a few days.

GINGER BEER POWDER, to make.

30 grains carbonate of soda
5 grains powdered ginger
1 dram refined sugar
2 drops essence of lemon

Dissolve in ½ tumbler of cold water and add 30 grains tartaric acid.

GINGER BREAD.

2 breakfastcupfuls flour
1 oz. sugar
1 tablespoonful treacle
1 oz. lard
2 teaspoonfuls ground ginger
1 oz. carbonate of soda dissolved in a little hot milk
1 cup of milk
1 egg

Bake one hour.

GINGERBREAD, ALMOND, to prepare.

5 eggs
10 oz. sugar
9 oz. flour
6 oz. chopped almonds
½ nutmeg
¼ oz. ground ginger
6 powdered cloves
4 oz. candied peel
¼ teaspoonful cinnamon
1 tablespoonful milk
1 teaspoonful carbonate of soda

Whisk yolks of eggs and sugar well together, beat whites to a stiff froth, warm the flour and add the spices, sift lightly into eggs,

then add the chopped peel and 4 oz. of the almonds, dissolve the soda in the milk and stir it in lightly. Pour the mixture into a flat baking tin lined with buttered paper, sprinkle over 2 oz. of almonds and bake in a quick oven about half an hour.

GINGERBREAD, EDINBURGH, to prepare.

1 lb. flour
¼ lb. lard
½ lb. sugar
½ lb. treacle
pinch of cayenne
½ oz. ground ginger
1 teaspoonful cinnamon
1 teaspoonful carbonate of soda
2 eggs
½ cupful water

Line a flat Yorkshire pudding tin with greased paper; melt the lard with the treacle and water; mix all the dry ingredients together. Beat the eggs, add to the treacle and water and mix quickly into flour, etc. Pour mixture into the tin and bake in a moderate oven until thoroughly cooked. Just before taking it from the oven glaze it with a little treacle and warm water.

GINGER TEA, to make.

Pour half a pint of boiling water on to a teaspoonful of ginger; add sugar and milk to taste.

GLADIOLUS, to cultivate.

A light, friable loam, enriched with well-rotted manure, is the requisite soil, and the situation should be fully open to the sun but sheltered from wind. The best time for planting is March and April, as the bulbs then planted produce flowers in August and September. But if early flowering kinds are desired the bulbs should be set in November, and in that case they must be protected from the frost by a suitable litter. Take up bulbs in October or November and store.

GLANDERS.

This disease is caught from horses, mules and asses.

Symptoms.—The poison enters a scratch, or wound, and in a few hours there is severe inflammation of that part. The nearest glands become enlarged and painful, and there is high fever. An abscess forms. Pimples appear on the skin, burst and leave ulcers. Abscesses may also form in other parts of the body.

Treatment.—Attendants on glandered animals should wash their hands frequently in Jeyes fluid. A surgeon should be consulted, as the disease, if not taken in time, is more often than not fatal.

GLANDS, ENLARGED, to treat.

Paint the swelling with a tincture of iodine to lessen it. If the parts become red, painful, or inflamed, medical advice is necessary.

GLASS, to cut or break.

File a notch on the edge of the glass at the place it is desired to start the break. Then apply a red-hot iron to the notch and slowly draw it in the required direction. A crack will follow the iron.

GLASS, to mend.

Mix together a very little isinglass, spirits of wine, and a small quantity of water. This will form a transparent glue if gently melted over a moderate heat. Apply the mixture to the broken edges and press together. Tie with a string and leave for a few days. *See also* CEMENT.

GLASS, to powder.

Heat glass until it is red hot and throw it in cold water. It will at once break into powder. Then sift and dry.

GLASS, to wash.

It is best either to wash glass in cold water or to wash it first in warm water and then rinse in cold. This gives a brighter and clearer appearance than when it is washed with warm water.

GLASS STOPPER, to loosen.

Rub a little oil round the stopper and place bottle near a fire. Tap stopper lightly and it may easily be removed.

GLAUCIUM (HORNED POPPY), to cultivate.

One of the characteristics of this plant is that it will flourish on a poor soil—an undoubted recommendation when some arid bank has to be dealt with. It is of the poppy family, sometimes classed as a hardy annual, but really a biennial, and should therefore be sown about May to provide vigorous plants for the following year. Much of its beauty is derived from its handsome foliage of silvery white, and *G. luteum* has also the advantage of large orange-red flowers, while another variety called *Asia Minor* bears flowers of bright scarlet.

GLAZING FOR HAMS, etc., to prepare.

Boil a knuckle of veal with salt, pepper and a few cloves for 12 hours in 2 gallons of water. Boil also a shin of beef for the same time and in the same quantity of water. Add the gravy from the veal to the shin of beef and boil down to 1 quart. Heat a quantity as required and spread over the ham with a feather.

GLOBE THISTLE, to cultivate. *See* ECHINOPS.

GLOVES, LIGHT KID, to wash.

Lay the gloves on a clean folded cloth. Dip a piece of flannel in some skimmed milk, rub on a little yellow soap, then rub the gloves, working downwards from the wrist. When dry lay on a clean towel pulling them to shape.

GLOVES, WASH-LEATHER, to wash.

To remove dirt quickly add a few drops of salad oil to the soapy water. Rinse in another lather, squeeze in a towel, and hang in the air. This will prevent the gloves from becoming hard.

GLUE, DAMP-PROOF, to make.

Take some ordinary carpenter's sheet glue and melt with linseed oil in the inner vessel of a glue pot. This will make an excellent glue for woodwork purposes and will withstand damp.

GLUE, LIQUID, to make.

In a pint of boiling water dissolve 1 oz. of borax and add 2 oz. shellac. Place in a covered vessel and boil until shellac is dissolved. This mixture makes a cheap and useful cement, withstanding damp better than ordinary glue. It is admirably suited for pasting labels on tin. Or—

Dissolve ½ lb. glue in ¾ pint water and add ½ pint vinegar to make a glue that is always ready for use without heating.

GLUE, PARCHMENT, to make.

½ lb. parchment shavings
3 quarts water

Boil until dissolved. Strain and evaporate to the proper consistency. Use a water bath if wanted light coloured.

GLYCERINE WASH, ROSY, to prepare.

Glycerine is a substance with an extremely protective effect on the skin, whilst at the same time rendering it white, smooth and supple. Its regular use for massage softens the skin. Thus it helps a great deal in removing lines and wrinkles. For sunburnt skin its use is also ideal.

The best method of using glycerine is as a wash in a non-concentrated form. The following is a good glycerine wash: 6 oz. glycerine, 6 oz. rose water, and sufficient fuchine to give a rosy tint. Mix and use as desired.

GNAT BITES. *See* BITES.

GOITRE. *See* DERBYSHIRE NECK.

GOLD CHAINS, to clean.

Put the chain in a solution of caustic potash, and allow to remain until all dirt has been removed.

GOLDEN ROD, to cultivate.

A useful plant for hiding sheds, etc. It is propagated by root division; it flowers in the autumn and will grow in any kind of soil.

GOLDEN WEDDINGS.

A golden wedding, marking fifty years of married life, is naturally less frequently encountered than a silver wedding. It may be quite a gay and brilliant affair or just a quiet family reunion, this depending entirely upon the wish of those most closely concerned.

A dinner may be given, but there is really no definite form or ceremonial prescribed and, especially in the case of an aged couple, conventional usages would be set aside in favour of consideration for the comfort and wishes of the two who have weathered the storms of life through so many years.

GOOSE, to choose.

A goose for roasting should be young, when the bill and feet will be yellow and, if freshly killed, the feet will be pliable. The bill and feet become red when the goose gets older. Never buy a goose which is over twelve months old as it is not then fit for eating.

GOOSE, to roast.

1 goose (drawn and trussed)	dripping for basting
sage and onion stuffing	watercress or chestnuts

Stuff the goose and fasten up securely at both ends. Place in hot oven and cook quickly for about 20 minutes. Then lessen the heat and continue cooking, basting often with the dripping. About a quarter of an hour before the bird is cooked dredge the breast with a little flour and baste again. When cooked, after removing all strings and skewers, place goose on hot dish and garnish with either watercress or chestnuts. Apple sauce also makes a good accompaniment. Serve a good thick gravy separately in a tureen. If liked, gooseberry sauce may be served in place of apple sauce.

GOOSEBERRIES, to preserve. *See* STRAWBERRIES.

GOOSEBERRY BUSHES, the care of.

The best plan to adopt in pruning the gooseberry bush is to leave last season's growth at full length though it may be shortened if it extends beyond the space at command. A thinning should be made annually by cutting out old limbs which have any sign of decay and by removing any young wood which may obstruct admission of light and air, cutting back this young wood to within a few buds from the stem. Any suckers which may appear should be carefully eradicated from the very base and not merely cut back to the surface of the ground. The digging of the ground between gooseberry bushes should never be done with the spade, a gentle loosening of the earth with a fork, to the depth of 6 or 8 inches, and an occasional use of the dutch hoe to keep down the weeds is quite sufficient.

GOOSEBERRY FOOL, to prepare.

2 lb. gooseberries	1 gill water
½ lb. sugar	½ pint custard or cream

(Enough for six or seven people.)

Make a syrup by boiling water and sugar together, put in the gooseberries and cook till tender. Rub through a sieve, mix with the cream or custard, pour into a glass dish and serve cold.

GOOSEBERRY JAM. *See* JAM, GOOSEBERRY.

GOOSEBERRY TART. *See* TARTS, FRUIT.

GOURD, to cultivate.

All who have seen a good collection of gourds can scarcely fail to recognize how beautiful they are in form and tint and texture, and considering what effective use can be made of them on walls and trellises, on roofs and waste-heaps, it is surprising that they are not more generally cultivated. The varieties are very numerous and most of them can be grown in this country without difficulty—such as the Turk's Cap and its varieties, the Serpent, Hercules Club and the Giant's Punchbowl; while for miniature kinds there are the Fig, the Hen's Egg, the Bottle, the Orange, etc. Seed should be sown in a frame in April or early in May, care being taken to remove the lights whenever the weather permits as soon as the seedlings are established, lest they become thin and lank, and they should be planted out at the first favourable opportunity. A rich, moist soil will set them growing fast and vigorously, but even a poor soil, if kept well watered, will suffice for their needs.

GOUT, to relieve pain from.

Citrate of lithium in 5 to 10 grain doses in a tumbler of water before breakfast will prevent the accumulation of the poison of gout. During an acute attack the foot should be raised and not left hanging down, painted with glycerine and belladonna, and wrapped in thick cotton-wool. A blue pill at night, followed by a Seidlitz powder the following morning, should be given. Ten drops of tincture of colchicum every four hours will relieve the pain, as will also an occasional poultice of bran and vinegar.

GRAFTING WAX, COBBETT'S, to prepare

Take 4 parts of pitch and rosin, 2 parts beeswax, and 1 part tallow; melt and mix the ingredients together and use when just warm.

GRAMOPHONE RECORDS, to clean.

Wipe with a soft rag moistened with a very little paraffin. Allow records to dry before putting them away.

GRAPE FRUIT, to prepare and serve.

Cut fruit in halves across (not from top to bottom). Cut round core and remove, taking care not to cut through the skin at the bottom of each half. Loosen the fruit from the rind but allow to remain in. Cut fruit from centre to inside of skin into fairly small sections to render it easier of manipulation when being eaten. If liked, fill the hole in the centre (from which the core has been removed) with a tablespoonful of fine sugar, placing on the top a maraschino cherry. Pour over a little port wine, or maraschino. Serve either on separate plates, or in glass grape fruit holders.

GRAPE PUNCH, to make.

A very agreeable beverage is made by mixing three parts of ginger ale with one of grape juice.

GRASS, to keep green.

A little nitrate of soda dissolved in water and sprinkled over the surface occasionally will be found of great assistance in keeping grass green.

GRAVEL, to treat.

Hot lemonade or barley should be drunk and hot fomentations applied to the loins and abdomen during attacks. Take 2 tablespoonfuls of the following mixture three times a day: 2 dr. acetate of potash, ½ oz. honey, ½ dr. spirits of turpentine, ½ dr. carbonate of soda, and 8 oz. mint tea. Eat plenty of raw onions.

GRAVY, FOR ROAST JOINT, to make.

When the joint is roasted place it on a hot dish in the oven; pour off all the fat, leaving the sediment, which is the gravy from the meat. Sprinkle a little salt in the pan, add some water or if preferred well-flavoured stock, a little bovril or colouring if necessary; boil up, stirring well all round the pan, dissolving all the brown particles, and strain round the meat.

GRAVY, FOR ROAST VEAL, to make.

Pour off the fat, leaving the gravy; pour into the dripping-pan a pint of white sauce with the gravy; boil up and pour over the joint.

GREASE SPOTS, to remove from fabrics.

Eucalyptus oil will remove grease or oil from any fabric, however delicate, without the slightest injury to the material.

GREEN FLY. *See* APHIS.

GREENGAGES.

These are cooked, bottled, preserved, made into tarts and jams in accordance with the recipes given for plums.

GRIPES, to relieve. *See* COLIC.

GROUSE, to roast.

grouse	gravy
butter	bread sauce
fat bacon	browned bread-crumbs

Pluck, singe and draw the grouse, wiping thoroughly with a damp cloth (game should never be washed); put a small piece of butter with a little pepper and lemon juice inside the birds; truss for roasting. A slice of fat bacon and a vine leaf or two should be wrapped over the breast of each bird. Roast in the oven or before the fire, baste frequently, and remove the bacon and froth just

before dishing. Place on a hot dish on a croûton of toast, which should be made and put under the grouse in the dripping-pan; garnish with watercress and serve with bread sauce and browned bread-crumbs.

GRUEL.

1 heaped dessertspoonful fine oatmeal
½ pint water, or water and milk together
pinch of salt
sugar as liked

Mix the oatmeal into a smooth paste with a little of the water. Bring the rest of the water to the boil and pour on to the oatmeal. Return all to the saucepan and again bring to the boil, stirring all the time to prevent burning, or sticking to the bottom of the saucepan. Simmer for about 30 minutes, during which time the gruel should be stirred frequently. Then strain, add the salt and sugar and, if liked, a little lemon to flavour.

GRUEL, made with patent groats.

This may be made exactly as above, but there will be no need to strain it.

GUESTS, etiquette towards hostess. *See* HOSTESS AND GUESTS.

GUESTS, UNINVITED. *See* UNINVITED GUESTS.

GUM, FOR GENERAL USE, to make.

Dissolve equal parts of gum arabic and gum-tragacanth in vinegar. Will keep good indefinitely.

GUMBOILS, to treat.

The offending tooth should be extracted as quickly as possible, and the mouth washed out repeatedly with warm Condy's fluid and water. Hot bottles to the side of the face afford relief to the pain. If the abscess is pointing at the side of the gum, an ordinary penknife, the blade of which is protected by wrapping tape round it and only the point free, may be used to open the abscess.

GUMS, to harden.

To harden gums that have receded, and teeth loosened in consequence, mix a good teaspoonful of bicarbonate of soda in a quarter glass of lukewarm water. Wash teeth by holding the fluid as long as possible in the mouth. Use three times a day with more or less soda according to the condition of the gums.

GUM WATER, for stiffening articles washed in bran water.

2 oz gum arabic
1 pint boiling water

Having first of all well washed gum arabic in cold water, pour the boiling water on it, stand close to the fire, or in some other warm place, stirring every few minutes until the gum has dissolved.

Then carefully strain, bottle and cork. Use two tablespoonfuls of this solution to each pint of water.

HADDOCK, to stuff and bake.

1 fresh haddock
veal stuffing
1 egg or little milk
brown crumbs
dripping or butter

(Enough for three or four people.)

Thoroughly cleanse the fish, and fill the inside with veal stuffing. Sew up the opening and truss the fish in the shape of the letter S, place it in a baking tin, brush it with beaten egg and a little milk, sprinkle with brown crumbs and bake it slowly, basting it frequently with dripping or butter. Serve it on a hot dish; garnish with parsley and cut lemon and anchovy or any other suitable sauce poured round.

HADDOCK A LA MAITRE D'HÔTEL, to prepare.

Fillet 1 haddock, wash and roll neatly. Place on a greased tin, sprinkle with lemon juice and salt, cover with a greased paper and bake for 15 minutes in a moderate oven. Serve very hot with parsley sauce.

HADDOCKS, FINNAN, to bake.

Scald the fish in a dish of hot water. Allow to stand for a few minutes, then drain off water. Sprinkle with pepper and a few pieces of butter; pour over 1 gill milk; cover with a flat dish, and bake from 15 to 20 minutes.

HAIR, to make a curling liquid for the.

Dissolve 1 dram spermaceti in 1 oz. oil of sweet almonds by heating gently. Then add 3 drams tincture of mastic. Apply a small quantity to the hair. *See also* HAIR-CURLING LOTION.

HAIR, to prevent its falling out.

Frequent application of sage tea to the scalp will prevent hair falling out after a severe illness.

HAIR, to prevent spread of grey.

Take ¼ lb. lard and 4 dr. spermaceti and melt together. When nearly cold stir in 4 dr. oxide of bismuth and a few drops of perfume as preferred. Use when dressing the hair.

To prevent dark hair becoming grey it should be washed with a mixture of 1 oz. sulphate of iron and a full pint of red wine.

HAIR, to remove grease from.

Wash well with a good carbolic or coal-tar soap, rinse well in cold water and then rinse in water containing a small handful of borax. Rub the scalp with a flannel soaked in a solution of borax once or twice every week, and dry with a clean towel.

HAIR, to remove superfluous.

The following is the best preparation for removing hair. It is cheap and easy to prepare. Take 4 oz. barium sulphide, 2 oz. wheat starch and 2 oz. zinc oxide, and mix to a fine powder.

Take sufficient quantity of the above and add some water, making a thin pulp. Apply this with a wooden spatula or brush to the hair which it is desired to remove. Keep it on from 5 to 10 minutes and then wash off with warm water. There will be no trace of hair left.

Here is another hair-removing pomade which is specially recommended for hair on the lips. Melt together 10 dr. lanoline and 5 oz. white petroleum jelly on a gentle heat and then add two-thirds dr. thallium acetate, 5 dr. zinc oxide and 10 dr. rose water, making a smooth, even pomade. Just a little of this should be applied to the superfluous growth every night for a few weeks. The hair will gradually diminish in length and thickness and, if the application is persisted in, it will disappear for ever.

HAIR BRUSHES, to clean.

Pour on to the bristles half a teaspoonful of hartshorn and ammonia. Rub the bristles rapidly with the tips of the fingers and dip them in hot water. Care should be taken not to wet the back or the handle of the brush. Rinse with cold water and place to dry with the bristles downwards.

HAIR-CURLING LOTION, to make.

An effective hair-curling lotion is prepared by mixing 1¼ dr. ammonia, 2 dr. potassium carbonate, 1¼ dr. glycerine, 1 oz. spirit rectified and 10 oz. rose water.

Before using it is necessary to shampoo and dry the hair. The hair is then moistened with the lotion and will curl on drying. *See also* HAIR, to make a curling liquid for the.

HAIR DYE, BLACK, to make.

Dissolve 1½ dr. silver nitrate and 6 gr. nickle sulphate in 2 oz. distilled water. Add just enough of strong ammonia solution to dissolve the precipitate which is formed. Finally add a further 2 oz. of distilled water and store in a blue bottle.

To use.—First wash and dry the hair to get rid of grease. The hair dye is applied by means of a brush, care being taken to avoid the skin. Keep it on for an hour or so and then wash the hair with lukewarm water.

HAIR DYE, BROWN, to make.

A good brown dye is formed by taking a quantity of tincture of the shucks of 'walnuts, scented with oil of lavender.

HAIR DYE, CHESTNUT BROWN, to make.

Mix together 1 dr. permanganate of potash, 2 dr. powdered gum arabic and 3 oz. rose water. Apply very carefully with a small brush, to avoid staining the skin.

HAIR, GINGER, to darken.

Steep 1 oz. best black tea in a pint of boiling water. Let it stand till cold, then strain. Add 2½ oz. Jamaica rum, and apply once a day.

HAIR, GOLDEN, to preserve the colour of.

Peroxide of hydrogen is quite harmless and if applied evenly to the whole of the hair a uniformly golden colour will result. The hair is not actually dyed, but the colour is extracted through a chemical action.

HAIR LOTION, for general use.

Mix 1 oz. eau-de-Cologne with 8 oz. alcohol. Beat to a froth the white of an egg and shake together with 9 oz. water and 4 oz. ammonia. Finally shake up the whole into a lotion.

HAIR LOTION, SAFFRON, to prepare.

A beautiful preparation having a fascinating tinge and very agreeable properties is the *saffron hair lotion* made as follows :

Boil one-sixth dr. saffron with 1 dr. of finely divided soap, adding just sufficient water to dissolve it completely. Then add 18 oz. rosemary oil, 9 dr. alcohol and 9 dr. pondeletia perfume and shake up carefully.

The preparation is kept aside for twenty-four hours when the coarser parts of saffron will settle down. Now the clear portion of the liquid is decanted for use.

HAIR OIL, MACASSAR, to make.

Add 1 dr. of oil of origan to 1 oz. of olive oil and 1¼ dr. of oil of rosemary. Mix well together. This oil will not only stimulate the growth of the hair but will also make it curl.

HAIR PREPARATION, SOLID BRILLIANTINE, to prepare.

4 oz. spermaceti and 10 oz. olive oil should be mixed together on a low heat. Add 2½ dr. clove oil, 2½ dr. bergamot oil and 1 dr. geranium oil whilst stirring and allow to cool.

HAIR WASH, ATHENIAN, to prepare.

Place a ¼ lb. of sassafras wood in a gallon of rose water and boil in a glass vessel. Allow to stand until quite cold. Then add a pint of alcohol and an ounce of pearl ash. This is a very fine wash for cleansing and improving the hair.

HAM, to carve.

Begin a little distance from the knuckle, and proceed towards the thick end, or blade. A baked ham may be cut much thinner than a boiled one.

HAM AND BACON, to choose.

The fat of ham and bacon should have a clear pinky appearance; the lean firm; the rind, like the skin of good pork, should

be thin. If it looks yellow and the salt is crusted on it, it should be rejected, as it will be rancid and unpalatable.

To test a ham insert a bright steel skewer near the bone. If it comes out clean and free from any unpleasant smell it proves the ham is in good condition. On the other hand if the skewer is not clean and smells unpleasant, the ham should be rejected.

HAM AND BACON, to boil.

Soak a ham for several hours, if dry, all night; if bacon is very salt soak for two hours before cooking. Place in a saucepan with plenty of tepid water, let it come slowly to the boil, remove the scum and simmer gently till cooked, time allowed according to size—20 minutes to the pound and 20 minutes over. Take it out, remove the skin and sprinkle over freshly made raspings. When cold lift on to a clean dish.

HAM, COLD, to cook.

Cut up all the scraps and put them in a frying-pan or saucepan with a little water and some butter. When warmed through, break in some eggs and stir them up with the ham until the egg is hardened.

HAM, POTTED, to prepare.

Slice some cold ham and mince it small, fat and lean together. Then pound it in a dish, seasoning it as you proceed with cayenne pepper, powdered mace and powdered nutmeg. Then fill with it a large deep pan and put it in an oven for half an hour. Afterwards pack it down hard in a stone jar and fill up the jar with lard. Cover closely, and tightly seal the jar. If sufficiently seasoned it will keep well in winter, and is convenient for sandwiches, or on the tea-table.

HAMMER TOE.

Causes.—Wearing short, pointed, high-heeled boots or shoes: paralysis of the muscles of the toes.

Treatment.—Properly fitting boots should be worn, with broad, flat heels. If this does not correct the deformity, an operation will straighten the toe, or toes.

HAM TOAST, to prepare.

3 eggs
3 oz. ham
1½ oz. butter
½ teaspoonful parsley
pinch of sweet herbs
salt and cayenne
buttered toast

(Enough for two or three people.)

Melt the butter in a saucepan, well beat the eggs, add the finely-chopped ham, parsley, herbs and seasoning, pour into the butter and cook until it thickens; cut the buttered toast into rounds, put some of the mixture on each and serve at once.

HANDKERCHIEFS, to perfume.

Tie in a muslin bag a little orris-root and place in the water in which handkerchiefs are boiled. When ironed the handkerchiefs will have a faint fragrant scent of violets.

HANDS, almond paste for the.

Mix well together ¼ lb. sweet almonds, 6 dr. white wax and 6 dr. spermaceti. Make up carefully in rose water.

HANDS, to remove stains from the.

Wash the hands in a small quantity of oil of vitriol and cold water. Do not use soap. This will remove stains of all kinds.

HANDS, to whiten the.

Take a wineglassful of lemon juice and one of eau-de-Cologne. Cut into very thin slices two cakes of brown windsor soap and melt it over the fire. Now add the eau-de-Cologne and lemon juice, stir well together and pour into a mould. When hard it will be suitable for use.

HANDS, PERSPIRING, a remedy for.

1 oz. salicylic acid
1 oz. borax
2 dr. boric acid
4 oz. glycerine
4 oz. absolute alcohol

Dissolve the solids in the alcohol, afterwards adding the glycerine. Rub the above preparation into the hands three or four times a day.

HARE, to jug.

1 hare
1½ lb. beefsteak
2 onions
2 or 3 cloves
bunch of herbs
strip of lemon rind
stock or water
3 oz. butter
3 oz. flour
2 glasses port wine
red currant jelly
salt and pepper
forcemeat balls

(Enough for nine or ten people.)

Skin the hare, do not wash it; let the blood from the upper part of the body run into a basin and put it aside, then wipe the hare carefully. Cut into neat joints, dip them in well-seasoned flour and fry a nice brown in butter; put the joints into a large stewing jar with the steak cut in pieces, herbs, onions, cloves, lemon rind. Cover with stock or water, cover the jar closely, and cook gently in the oven for 3 or 4 hours. When ready to serve take out the joints, onion and herbs, mix the flour with some water. Add it to the gravy and boil, then add the wine and the forcemeat balls, lastly the seasoning and blood. Do not boil after the blood is added. Put back the joints to reheat. Dish with joints piled in centre, gravy poured round, garnish with forcemeat balls and serve with red currant jelly.

To make Forcemeat Balls.—To some veal stuffing well seasoned add the parboiled and chopped liver of hare, fry in butter.

HARE, to roast.

1 hare	flour
veal forcemeat	½ pint brown sauce
butter	red currant jelly
½ pint milk	glass of port wine

(Enough for eight or nine people.)

Choose a young hare for roasting and hang it for a few days without paunching it. When required skin it, leaving on the ears. Wipe it well inside and out if necessary, soak it to remove the blood; make a veal stuffing, add the parboiled and chopped liver, put it in the hare, sew it up and truss. Place it in a meat tin with a little milk, roast in the oven, basting constantly. Flour the hare well and baste with butter to froth the outside. The time allowed will depend on the size of the hare. Place on a hot dish, remove the string, pour the fat off from the tin, sprinkle in a little flour and brown it over the fire; pour in the brown sauce, add the wine, boil for a few minutes and strain it. Garnish the hare with some little balls of forcemeat fried, and serve with red currant jelly and the gravy in a tureen.

HARE LIP AND CLEFT PALATE.

The two halves of the lip and palate should join together before the child is born, but for some reason they have not united and a space is left between them.

Treatment.—Operation is the only possible treatment, when the child is from six weeks to three months old.

HAREBELL, to cultivate. *See* CAMPANULA.

HARICOT MUTTON. *See* MUTTON, HARICOT.

HARVEST BUGS, to treat bites from.

The parts should be bathed in warm water, to which a pinch of bicarbonate of soda has been added, and sulphur ointment applied.

HASH, to prepare.

1½ lb. cold meat	1½ pints stock
2 oz. butter or dripping	1 dessertspoonful ketchup
2 oz. flour	salt and pepper
1 onion	toast and parsley

(Enough for six or seven people.)

Remove all the fat and gristle from the meat and cut it into neat pieces; make the fat hot and fry the onion a nice brown; remove it and fry the flour, brown it well, being careful not to burn it. Add the stock gradually, stir till it boils, return the meat and onion, add the ketchup and seasoning, thoroughly reheat it, but do not allow it to boil. Serve with snippets of toast or fried bread dipped in chopped parsley.

HATS, BOWLER, to clean brims of.

First rub well with a little fresh butter and clean it off with a solution of 2 oz. rock ammonia dissolved in ½ pint hot water. Then

hold the hat under running water for a minute or two; wipe with a soft, clean cloth, brush well *with* the nap, and hang out to dry.

HATS, FELT AND VELOUR, to restore.

Thoroughly beat and brush the hat to remove all dust and to raise the surface; hold it over boiling water and steam thoroughly from the inside. Turn the hat slowly so that it shall be steamed all over. Shake well. Give a good final brushing when the hat is dry.

HATS, WHITE FELT, to clean. (No. 1.)

Apply a paste of magnesia and cold water by means of a brush to the hat. When dry the magnesia should be brushed off, leaving the hat perfectly clean. If the hat is very much soiled several applications may be necessary.

HATS, WHITE FELT, to clean. (No. 2.)

Your white felt hat may be cleaned easily by rubbing it well with pieces of fine sandpaper, renewing the piece as often as it is soiled.

HAY FEVER, to treat.

A teaspoonful of Friar's balsam to a pint of boiling water, and the vapour inhaled affords relief. If the symptoms are chiefly asthmatical, the inhalation of burning nitre paper or the smoking of Stramonium cigarettes may be tried.

Boil half a pint of milk, add a glass of sherry and a little aconite. Strain through a piece of muslin and sweeten the whey with white sugar. Take the whey at bedtime.

HEADACHE, to treat.

The patient should lie down in a darkened room with a cold bandage round his head. A few drops of ether or sweet spirit of nitre may be used on a piece of rag and applied to the head. Cover with oiled silk to prevent evaporation and renew the application frequently. Antipyrin in from 5 to 15 grain doses, or 10 grains of phenacetin, may be given. Some cases are benefited by taking a strong cup of tea or coffee.

HEADACHE, SICK, to relieve.

A little soda water will relieve a headache due to indigestion.

HEARTBURN, a remedy for.

Half a teaspoonful of bicarbonate of soda in a little peppermint water should be taken, and afterwards a glass of hot water.

HEARTBURN, lozenges for.

Take 1 oz. gum arabic, 1 oz. licorice root, and ½ oz. magnesia. Add water to make up into lozenges. Allow the lozenge to dissolve in the mouth.

HEART, PALPITATION OF THE, to relieve.

Indigestion and flatulence is usually the cause of the trouble. Half a teaspoonful of bicarbonate of soda should be taken in a tumbler of hot water. Tea, coffee, alcohol, and tobacco should be abstained from. If the patient is anæmic a course of Blaud's pills should be taken. All worry, excitement, and over-exertion should be avoided.

HEARTHRUG.

A home-made hearthrug or mat made of cloth clippings will be found to wear much longer if it is brushed over with liquid glue on the wrong side after the clippings are put in, then lay the lining on and leave overnight. Next day stitch the lining round the edges, as the glue will have fastened it in the middle. This prevents the clippings working out, and makes the rug last much longer.

HEARTSEASE, to cultivate. *See* PANSY.

HEATH (ERICA), to cultivate.

The cultivation of hardy heaths has hitherto been much neglected in our gardens, yet with judicious planting they produce a fine effect and are eminently suited for the wild garden. The Cape Heaths are especially beautiful. Heaths are essentially hardy and may be raised from seed or propagated by division in autumn; among the hardiest may be reckoned the Dorset Heath, the Scotch Heath, which may be had in various colours—white, purple, rose, and bi-coloured—and the Alpine Forest Heath which is specially valuable as one of the first to flower.

HEATH-MOULD, substitute for.

Mix well silver sand, light loam, leaf-mould, rotten sawdust and tan, baked vegetable refuse, and the sweepings from the bottom of a wood-stack.

HEAT-STROKE, to treat.

The patient should be treated as for shock, the clothes loosened and plenty of air allowed him, and stimulants administered. If the extremities become cold, hot bottles should be applied, and the patient well covered with blankets.

HEDGEHOGS, the care of.

Keep in a cage during the day and release at night if it is desired to use them as beetle-catchers. Feed on bread and milk and an occasional earth-worm.

HELIANTHUS (SUNFLOWER), to cultivate.

The sunflower may be divided into two classes—the perennial (sometimes called *Harpalium*) and the annual, both quite hardy. The perennials are of such vigorous growth and increase so rapidly that they should not be introduced into a small garden without con-

sideration, but in the wild garden, and in shrubberies and woods, they may be made very effective, being especially valuable because of their flowering in late autumn. *H. decapetalus,* a bushy plant some 4 or 5 feet high, with abundance of rich yellow flowers, *H. giganteus,* often attaining a height of 10 feet and bearing large flowers of deep yellow 2 or 3 inches in diameter, and *H. rigidus,* one of the best-known and flowering very freely, are all good examples. Of the annual sunflower there are many varieties—from the miniature kinds, both single and double, with flowers of many shades of yellow and various forms of petals, to the tall, large-flowered kind with their huge heads of bloom measuring some 18 inches across—giving abundant scope for choice.

HELIOTROPIUM (HELIOTROPE or CHERRY PIE), to cultivate.

A half-hardy perennial, but more wisely treated as an annual, as by sowing in heat early in March the seedlings will be ready for planting out at the end of May. They need a good dry soil, and by their delightful fragrance and delicate tints of colour they are rightly highly esteemed. Many new varieties have been introduced from time to time, such as Roi des Noirs, a very dark shade, Anna Turrel, a beautiful light kind, and the White Lady, pure white; while the old-fashioned *peruvianum* still holds its own in the affections of most of us.

HELLEBORUS (CHRISTMAS AND LENTEN ROSES), to cultivate.

A hardy perennial of much value in the garden, as it flowers in the open when little else is in bloom. *H. niger* is that which has for its bloom the well-known flower which bears the name of Christmas rose, beautiful in its waxy-white and delicate blush tint; but we now have other varieties with blossoms of dark purple and ruby red, such as *H. colchicus* and *H. abchasicus,* and with foliage of marked beauty. All kinds are content with ordinary soil, but will do better in well-manured fibrous loam mixed with coarse sand, for stagnant moisture is not good for them. Propagation may be made by division, July being the best time, when the plants are in full vigour; and they may also be raised from seed sown under glass, the seedlings being pricked out into a shady border of rich soil as soon as they are large enough to bear moving. In the following year they may be transplanted to their permanent quarters, and by the third year they should bloom.

HERBS, to dry.

Herbs should be gathered on a dry day and just before they flower. Cut off the roots, and wash if necessary. Dry either in a slow oven or in the sun till crisp but not brown. Pick off the leaves and rub through a coarse sieve. Bottle for use.

HERBS, to propagate.

It is best to raise parsley and fennel from seed; tansy, rue, sage and rosemary from slips; and marjoram, thyme, balm and basil by root division. Sow basil, fennel, and dill in May; other herbs in March.

HERNIA. *See* RUPTURE.

HERRING ROES ON TOAST.

6 herring roes (soft)
1 heaped dessertspoonful flour
few bread-crumbs
fingers of toast
½ lemon
1 egg
salt and pepper
1 oz. dripping
1 teaspoonful chopped parsley

Mix the flour, pepper and salt on one plate, the parsley and bread-crumbs on another. Wipe the roes with a damp cloth, dip each into the flour mixture, then brush over with the egg, previously well beaten, roll in the bread-crumbs and parsley and then cook in the dripping until a pale brown on each side. Place each roe on a finger of hot buttered toast and serve on a hot dish, garnished with slices of lemon and sprigs of parsley.

HERRINGS, to boil.

Scrape and wash the fish. Place in a pan with sufficient cold water to cover, adding 1 dessertspoonful vinegar and some salt; boil for 10 or 15 minutes. Serve with parsley sauce.

HERRINGS, to fry.

Slice and fry some onions and when done cover and put over a saucepan of boiling water. Fry the fish and serve with the onions.

HERRINGS, to grill.

6 herrings
salad oil

For Sauce

1 oz. butter
1 oz. flour
½ pint milk
1 teaspoonful made mustard
seasoning

(Enough for six people.)

Remove the heads, wash and clean thoroughly without breaking, score the fish with a knife and brush with salad oil; put on the grill before a clear fire and cook on both sides. Put on a hot dish with a small piece of butter on each and serve with mustard sauce.

HERRINGS, SOUSED.

5 fresh herrings
good pinch of salt
1 gill vinegar
1 dozen peppercorns
1 blade of mace
½ gill water

Slit open the fish and take out the backbone. Then either lay them in a dish head and tail alternately, or tie each into a roll and place in dish. Add the peppercorns, salt and mace, and pour over the water and vinegar. Bake in a moderate oven half an hour. Allow to get quite cold before serving.

HESPERIS, to cultivate. *See* ROCKET.

HICCOUGH, to relieve.

The simplest remedies are holding the breath, drinking a glass of cold water, or pulling the tongue. Or put 3 drops oil of cinnamon

on a piece of sugar, hold it in the mouth until it dissolves, then gently swallow it.

HOARHOUND, INFUSION OF, to make.

Add 1 oz. leaves to 1 pint boiling water, steep for 2 hours and strain. Take doses of a wineglassful for colds, coughs, hoarseness, etc.

HOARSENESS, a remedy for.

Steaming the throat over hot water is useful, as is a gargle of chloride of ammonia, 10 grains to the ounce of water, used three or four times a day. Chlorate of potash lozenges is a popular remedy. The throat may be painted with equal parts of tannic acid and glycerine, or perchloride of iron and glycerine, in the same proportions.

HOLLY, to cultivate.

Propagation is by cuttings of half-matured wood struck in August in a cold frame or by layers in summer. Plant in May or September and prune in April.

HOLLYHOCK, to cultivate.

Its bold and stately growth renders hollyhock suitable for backgrounds, where large effects are required and where its somewhat coarse habit is not objectionable. Its main requirements are deeply trenched soil, abundant manure, and frequent watering. Always secure the flower stems to stakes to prevent damage from winds. Plant out on a dry day in October.

HONESTY, to cultivate. *See* LUNARIA.

HONEYSUCKLE, to cultivate.

The honeysuckle is useful as a climber having, in addition to its fragrant blossoms, the advantage of leafing early. It thrives best in a deep, light loamy soil. The bush varieties may be increased from rooted suckers, cuttings, or layers, as well as by seed.

HOP BITTERS, to make.

Upon 1 oz. hops pour 1 pint boiling water. Infuse for 24 hours.

HOPS OINTMENT, to make.

1 oz. hops
5 oz. lard

Useful for painful piles and cancerine sores.

HORN, to join.

Heat the edges until they are soft, and press the pieces together until cold.

HORNED POPPY, to cultivate. *See* GLAUCIUM.

HORSE-RADISH SAUCE. *See* SAUCE, HORSE-RADISH.

HOSTESS AND GUEST.

Social life is not so formal as it used to be. Invitations and acceptances, for instance, instead of being invariably a matter for formal notes or cards, are often as not made verbally in happy-go-lucky style amongst more intimate friends without any slight being intended or suspected, and "Don't expect a written invitation!" is the frequent cry on occasions when one would formerly have been considered indispensable, but where a written invitation is received it should be replied to in the same way. Also a note worded in the third person should be answered in the third person.

Subjects of an unpleasant nature should be kept out of the conversation.

Private worries, family jars and distressing details concerning accidents or illness are also among the subjects not fit for social conversation. There are so many other topics—art, literature, music, the theatre, sports and games, interesting places and current events, travel at home or abroad—which are so much more entertaining to intelligent people, while sarcasm, that cheap form of wit which gets a laugh at the expense of others, and the telling of *risqué* stories are alike signs of ill-breeding.

To be arrogant and dogmatic or flatly to contradict any statement is rude. Everyone is entitled to his or her own opinion, but it should be pleasantly offered and courteous attention given to the views of others.

Most irritating and ill-mannered is the habit of interrupting other people's conversation or finishing sentences for them if they are somewhat slow of expression. Yet another most objectionable fault is to correct another person's grammar or pronunciation, even though this be done indirectly by using the same word or phrase correctly pronounced—and purposely emphasized!—directly after the wrong version has been used.

A bad fault is that of the hostess who fails in being ready to receive invited guests, and this applies equally in a humble or more pretentious home, no matter whether it be due to bad management, a cool disregard of social obligations or a selfish thoughtlessness, for it is bound to give people the impression of a lack of warmth and pleased anticipation of their coming, together with an uncomfortable conviction that they must have arrived too early.

HOTELS AND BOARDING-HOUSES, etiquette for visitors at.

Upon arriving at an hotel, visitors go direct to the office and give their names, sign the register, and receive the key of their accommodation. As hotel and boarding-house keepers will rarely accept any responsibility for valuables lost from visitors' rooms, valuable jewellery, large sums of money, important documents, etc., should be handed to the management for safe custody and a receipt obtained.

Notice of the hours during which the various meals are served, and any special regulations of the establishment, are usually posted up in the bedrooms, and courteous visitors will endeavour to conform to them.

A gentleman and gentlewoman are quietly self-possessed amongst strangers in a strange place. It is only the vulgarians who talk in strident tones, brag of wealth or possessions, strive to attract attention and to impress other people with their importance. A lady or gentleman has no need to do so.

Visitors to an hotel are not under any obligation to take notice at all of others staying there. They are quite within their rights if they make it obvious that they wish to be left to themselves.

In a public dining-room it is very bad form to let conversation take the form of complaints about the food and service, or to make unfavourable comparisons between that particular hotel and some more expensive place, as though seeking to impress upon visitors —who may be quite content with their present surroundings—that the grumbler is used to something far better.

When parties are arranged amongst visitors hitherto strangers to one another, for motor or sea trips, picnics, sight-seeing expeditions, etc., ladies should contribute their share of the expenses in a frankly business-like manner, the men accepting it from them without any need for embarrassment.

Loud laughter and talk or anything in the nature of " larking " are very bad form in a public dining-room, even amongst the members of an intimately friendly party.

At a smart restaurant evening dress is general, but it is advisable to find out beforehand whether it will be worn by the party you are joining.

Boarding-house Manners.—Boarding-house etiquette is usually less formal than that of an hotel, though it varies a great deal in different establishments, some being run on conventional lines, others in more free-and-easy manner, and visitors should conform to the custom of any house where they stay.

In any case, boarding-house conditions usually call for greater mutual consideration, tact, and unselfishness than a visit to an hotel.

Fellow-guests need not become really friendly, but, whether introduced by the principal of the house or not, it is usual for them to enter into conversation, though young people should let their elders make the first move in this matter, and new arrivals may expect the already-established inmates to offer a welcoming word and smile.

Meal hours should be ascertained and adhered to.

When young and elderly, staid and gay folks are gathered under the same roof, the etiquette of common courtesy demands that neither type shall annoy the other.

HOT-POT, to prepare.

1½ lb. mutton (middle neck)	water or stock
3 lb. potatoes	salt and pepper
½ lb. onions	

(Enough for seven or eight people.)

Cut up the meat into neat joints—it should be rather lean—slice the potatoes and chop the onions, place them in a jar in layers,

season highly, add sufficient water or stock to barely cover, and cook in the oven for 3 hours. If possible it should be served in the vessel it is cooked in.

HOT-WATER BOTTLES.

Old rubber hot-water bottles past repairing may be used for sponge-bags. Cut off the neck, leaving one side deeper than the other, like an envelope; on this sew a tape. It will be found useful when travelling.

HOUSEMAID'S KNEE, to treat.

Soft pads should be worn during working hours, and iodine painted on the swelling every night till it is slightly blistered. If the tumour reaches an inconvenient size, and interferes with the patient's employment, it may be operated on and completely removed.

HYACINTHS, to cultivate.

The hyacinth is quite hardy and will thrive in ordinarily good soil, but a well-drained, rich, sandy loam is preferable. For outdoor blooming, plant bulbs in a sunny position from September to November about 4 inches deep and from 5 to 10 inches apart. Lift the bulbs when the leaves have withered, dry in the sun, and store on dry sand or cocoanut fibre till the following year. For culture in pots, plant in succession from August to November (to bloom from December to April). Place three bulbs in a 5½ inch pot containing two parts turfy loam and one of well-rotted manure, leaf-mould and sand.

HYDRANGEA, to cultivate.

Plant in a light soil with plenty of sand. Renew mould every year if plants are potted. Protect roots during winter with a covering of loose straw. Cuttings will strike easily if copiously watered.

HYDROPHOBIA. *See* BITE, DOG, to treat. *Also* DOGS, care of, etc.

HYSTERICS, to cure.

Put the patient to bed and loosen all the clothing. Bowels must be opened, frequent change of air and scene are essential. Two iron pills to be taken every night and morning, and ½ wineglassful bitter tonic 2 hours before lunch and dinner. Be kind, but quite firm, with the patient.

IBERIS (CANDYTUFT), to cultivate.

Either as a perennial or an annual, in the rock garden or the mixed border, this plant is well worth cultivation. Most of the varieties are quite hardy, thrive in any soil, and may easily be raised from seed. Among the perennials *I. correæfolia* is excellent, bearing fine heads of large white flowers; *I. Gibraltarica* is a beautiful plant with flowers of delicate lilac, but its hardiness is doubtful;

while *I. petræa* is an Alpine species, its clusters of white flowers relieved by a tinge of red in the centre. The annuals are represented by *I. umbellata* and its varieties *nana rosea* and *nana alba,* in which there are many colours—white, crimson, lilac and purple. All are quite hardy and are therefore best sown in late summer for early flowering in the following year; with a good soil and plenty of room for development they can scarcely fail to succeed.

ICE, to keep in summer.

Small quantities of ice may be preserved by making a bag large enough to hold the ice. Then make a larger bag and fill the space between with sawdust or feathers.

ICE, to make a substitute for.

Cloths soaked in equal parts of methylated spirits and milk act as an excellent substitute for ice.

ICE CREAM, to make.

1½ quarts milk
1½ lb. sugar
6 eggs, well-beaten

Mix all together in a tin pail, add a little vanilla, then put the pail into a pan of boiling water and stir the custard all the time until it is quite thick. After it is cooled, add 1 quart of rich cream and then freeze it.

ICE CREAM, to make. (Another recipe.)

1 quart milk
1½ tablespoonfuls arrowroot
grated peel of 2 lemons
1 quart thick cream

Wet the arrowroot with a little cold milk and add it to the quart of milk when boiling hot. Sweeten well with white sugar, add the grated lemon peel, boil the whole and strain it into the cream. When partly frozen add the juice of 2 lemons. Whites of eggs may be added if desired. This quantity is enough for about seventeen people.

ICE CREAM, directions for freezing.

If you have no apparatus for the purpose put the cream into a tin pail with a very tight cover, mix equal quantities of pounded ice and salt in a tub, and put it *as high as the pail, or freezer;* turn the pail or freezer half round and back again with one hand, for half an hour, or longer. While doing this, stop four or five times, and mix the frozen part with the rest, the last time very thoroughly, and then put in the lemon juice. Then cover the freezer tight with ice and salt till it is wanted. The mixture must be perfectly cool before being put in the freezer. Renew the ice and salt while shaking, so as to have it kept tight to the sides of the freezer. A hole in the tub holding the freezing mixture to let off the water is a great advantage. In a tin pail it would take probably nearly twice as long. A long stick should be used in

scraping the ice from the sides. Iron spoons will be affected by the lemon juice, and give a bad taste.

In taking it out for use, first wipe off every particle of the freezing mixture dry, then with a knife loosen the sides. Invert the freezer upon the dish in which the ice is to be served, and apply two towels rung out in hot water to the bottom part, and the whole will slide out in the shape of a cylinder.

If you wish to put it into moulds, pour it into them when the cream is frozen sufficiently, and then cover the moulds in the ice and salt till required. Dip the moulds in warm water to make the ice slip out easily.

ICE CREAM, AMERICAN, to make.

Mix together 1 quart cream, ¾ cupful sugar, and 1 tablespoonful vanilla. Freeze by using a mixture of chopped ice and rock salt.

ICE CREAM, FRENCH, to make.

Make a custard of 1 quart milk, 6 or 8 yolks of eggs, 1½ cupfuls sugar and 2 tablespoonfuls vanilla; add 1 quart cream, then chill and freeze.

ICE CREAM, STRAWBERRY, to make.

1 pint strawberries
½ pint double cream
½ pint milk
2 yolks of eggs
sugar (about 4 oz.)

Pick the fruit, sprinkle over some castor sugar, let them stand an hour, then rub through a hair sieve. Make a custard with the milk and yolks of eggs; add sugar. When the custard is cool add it to the fruit purée and the cream, mix well together, pour into the freezer and freeze until stiff.

ICING, ALMOND, to make.

½ lb. icing sugar
½ lb. ground almonds
1 egg (or yolk only)
lemon juice
For flavouring—
maraschino, brandy,
essence of almonds,
vanilla or sherry

Pass the icing sugar through a sieve, mix with the ground almonds, add the egg and lemon juice and the other flavourings to taste. Knead all well together and it is ready for use.

Note.—All castor sugar can be used instead of icing sugar if preferred, but it must be very fine, or half icing and half castor sugar.

ICING, CHOCOLATE, to make.

2 bars chocolate
4 oz. loaf sugar
1 gill water
vanilla essence

Dissolve the chocolate in a basin over boiling water, boil the sugar and water together for five minutes, mix into the chocolate until a good consistency for coating, add vanilla essence and use at once.

ICING, CHOCOLATE BUTTER, to make.

3 oz. fresh butter
6 oz. icing sugar
vanilla essence
2 oz. grated chocolate or chocolate powder

Cream the butter and sugar and beat until quite smooth, add the chocolate and flavour with vanilla essence.

ICING, COFFEE BUTTER, to make.

3 oz. fresh butter
6 oz. icing sugar
coffee essence or strong coffee to taste

Prepare as chocolate butter icing, substituting coffee essence for the chocolate.

ICING, GLACÉ, to make.

½ lb. icing sugar
¼ gill water
little lemon juice

Rub the icing sugar through a sieve; put it into a saucepan with the water and lemon juice and allow it to get warm. When it is thick enough to coat the back of a wooden spoon it will be the right consistency for coating a cake. For pink glacé use maraschino or any other flavouring and colour with carmine.

ICING, ORANGE GLACÉ, to make.

½ lb. icing sugar
juice of ½ an orange
a little yellow colouring

Make as for glacé icing. For coffee glacé icing, coffee essence is used instead of orange juice.

ICING, PINK VIENNESE, to make.

3 oz. fresh butter
6 oz. icing sugar
little maraschino
carmine

Rub the icing sugar through a sieve, cream the butter and sugar together, add the flavouring and colour a pale pink with a few drops of carmine.

ICING, ROYAL, to make.

½ lb. icing sugar
2 whites of eggs
juice of 1 lemon

Sift the sugar through a hair sieve, slightly whisk the whites of eggs and mix into the sugar, using a spatula or wooden spoon and adding lemon juice as it is required. Mix smoothly and beat the icing till quite white. If too stiff add more lemon juice. Keep it covered with a wet cloth.

Note.—When a large quantity of royal icing is required, it is advisable to use M'Ghie's icing powder. The directions for use are given on the packets.

IMPERIAL DRINK, to make.

Dissolve 2 teaspoonfuls of cream of tartar in a pint of boiling water and flavour with lemon juice, sugar, and allow it to cool.

INDIAN CORN, or MAIZE, to cook.

Remove the outer covering of leaves and all the silky fibre underneath. Choose the best of the husks and tie them around the corn cob. Place in a saucepan with sufficient boiling water to cover the cob, to which has been added a teaspoonful of castor sugar and a little salt. Boil very gently until the corn is thoroughly cooked. Serve on a very hot dish. Butter sauce, or oiled butter with a little pepper and salt added, to be handed round separately.

INDIAN HEMP, to cultivate. *See* CANNABIS.

INDIGESTION, remedies for.

1. Take the juice of a lemon after dinner each day.

2. Mix together 6 oz. infusion of columba, 1 dr. carbonate of potassium, and 3 dr. compound tincture of gentian. Take 3 tablespoonfuls of the mixture every day an hour before dinner.

A glass of water taken at bedtime and a Seidlitz powder the following morning before breakfast will regulate the bowels.

INFANTS, a weight and height table for.

AGE.	BOYS.		GIRLS.	
	Weight (without clothes).	Height.	Weight (without clothes).	Height.
	lb.	Inches.	lb.	Inches.
At birth .	7½	19½	7	19¼
1 month .	8¾	20½	8¼	20¼
2 months .	10¾	21½	10¼	21¼
3 months .	12¼	22½	11¾	22¼
4 months .	13¾	23½	13	23¼
5 months .	15	24	14	23¾
6 months .	16¼	24½	15¼	24¼
7 months .	17½	25¼	16½	25
8 months .	18¾	25¾	17½	25½
9 months .	19¾	26½	18½	26
10 months .	20½	27	19	26½
11 months .	21½	27½	20	27
12 months .	22½	28	21	27½

INFANTILE PARALYSIS.

This occurs in early childhood (mostly in the first three years of life) chiefly through cold, sitting on cold stones or wet grass. It may occur after measles, scarlet fever, teething, or through pneumonia. Any muscle or group of muscles may be affected.

Symptoms.—Fever lasting from a day to a week. The child complains of pain and is irritable. The muscles waste. If a limb is affected it will be noticed to be useless and frail. Various deformities may occur, such as club feet, etc.

Treatment.—The child should be put to bed and the fever treated on ordinary lines. Drugs have no apparent influence on this condition. Scientific massage, carried on under the supervision of a physician, will prevent excessive wasting of muscles, and deformities. The limb affected is always cold and should be warmly clad.

INFANTS, artificial feeding of.

The natural food for infants from birth till they are eight or nine months old is the milk from the breast of their own mother. Not observing the rule accounts for the alarming infant mortality of the present day. If the mother cannot, or will not, suckle her child, a wet nurse should be employed. Cow's milk may be rendered like human milk by diluting with water and adding sugar.

Age.	Strength of Food.	Quantity.	Time	Feeds in the 24 hours.	Total in the day.
1 to 4 weeks .	1 of milk 2 of water	2 oz.	2½ hours	8	12 to 15 oz.
2nd month .	1 ,, 1 ,,	4 oz.	2½ ,,	8	20 to 30 oz.
3rd and 4th month .	2 ,, 1 ,,	5 oz.	3 ,,	7	30 to 35 oz.
5th and 6th month .	Pure milk	7 oz.	3 ,,	6	35 to 40 oz.

Children from six to twelve months should have two pints of pure milk a day, which may be thickened with one of the many patent foods on the market. After twelve months the bottle may be gradually left off, and solid food given; but milk must still be the principal food of the child.

INFANTS, care of feeding-bottles.

Do not use a bottle having a long piece of india-rubber tubing, as this is very difficult to keep clean, with the result that the milk turns sour inside it and consequently gives the child indigestion and very frequently diarrhœa. Use a bottle with a detachable

nipple and thoroughly wash both bottle and nipple after each feeding.

INFANTS, constipation in. *See* CONSTIPATION.

INFANTS, the feeding of.

Babies do best if breast-fed. Should the baby show a disinclination to take the breast, he will soon come round if you persevere. Bathe the nipples with a boracic lotion before each feed and keep them clean to avoid thrush. After each feed dry them thoroughly and rub with glycerine or lard.

INFANTS, to prepare fruit juice for.

Every baby over one month who is not breast-fed should be given a little fresh uncooked fruit-juice each day. Orange juice is the best, but the juice of apples, grapes or lemons may also be given. The juice should be strained through fine muslin and diluted with twice or more the quantity of cold boiled water with a little sugar. Give a teaspoonful daily after the first month and gradually increase to the juice of half an orange after three months. Do not give the juice near milk-feeding time, and if the child is costive, half an hour before the first feed is the best time.

INFANTS, vaccination of.

According to the law of this country every child born in the United Kingdom must be vaccinated, either by a private medical practitioner, or by the public vaccinator, within six months of its birth, unless a certificate to the effect that the child is not fit to undergo the vaccination is produced. If a parent conscientiously believes that vaccination will be prejudicial rather than beneficial to his child's health, he must make a statutory declaration before a commissioner of oaths, justice of the peace, or other qualified person, to this effect if he wishes his child to be exempted from this operation. The fee charged for this declaration is 2s. 6d.

INFECTIOUS DISEASES, laws governing the notification of.

Notice of the occurrence of any of the following infectious diseases—cholera, croup (when membranous), diphtheria, dysentery, acute sleeping sickness, erysipelas, the various kinds of fevers, malaria, plague, scarlatina, smallpox—must, according to law, be given to the Medical Officer of Health for the District by the head of the family, any relative, or other person residing in the building in which the patient is living, or anyone in attendance on such patient. The doctor attending such patient must also send to the Medical Officer of Health for the District a certificate, giving all necessary particulars. The penalty for omission either to notify the occurrence of the disease, or send the necessary medical certificate, renders the person responsible for such omission to a penalty of not exceeding £2.

The following diseases are governed by special regulations: anthrax, cerebro-spinal meningitis, cholera, glanders, hydrophobia, plague and yellow fever.

The foregoing list of notifiable diseases may be added to by any local authority subject to the additions being approved by the Ministry of Health.

No one who is suffering from any of the above-mentioned infectious diseases may wilfully enter any public conveyance, place, inn, hotel, shop, or even the street, without taking proper precautions to prevent the spread of the disease. If he contravenes this regulation he renders himself liable to a penalty of £5. Furthermore, any person in charge of such patient who permits such contravention renders himself also liable to the same penalty. Moreover, any person who disposes of, lends, or transmits in any way bedding or clothing, etc., which have been in contact with the patient, without previous disinfection, likewise renders himself liable to the same penalty.

The law provides for a fine of not exceeding £20, or imprisonment for one month, with or without hard labour, in the case of any person who lets a house, rooms, or lodgings in which a case of infectious disease has occurred without having previously had same disinfected and received a certificate of disinfection from a doctor or medical practitioner.

Before a child who has been suffering from any infectious disease may return to school a certificate must be obtained to the effect that such child is free from infection.

It is within the powers of any Local Education Authority to close any school in which an epidemic of any infectious disease has occurred, or they may elect to exclude from the school any children who are liable to carry the infection.

All clothing, etc., which has been in contact with any person suffering from an infectious disease must be properly disinfected before being sent to any public laundry.

No person suffering from an infectious disease may borrow books from any public, or circulating library, neither may they return any previously borrowed until they have had them properly disinfected.

The Local Sanitary Authority is responsible for providing for the disinfection of infected bedding, clothing, etc.

Any person vacating a house in which a case of infectious disease has occurred within six weeks of his vacating same must immediately upon his ceasing to occupy such house advise the owner or landlord, so that it may be properly disinfected.

INFLUENZA.

This is an infectious fever and occurs in epidemics.

Symptoms.—From one to three days after infection there is headache, pains in the eyes, body and limbs, and a sensation of cold and aching. The temperature rises, the tongue is coated with fur, the appetite lost, and the water highly-coloured and scanty. The temperature remains up for about two days and then falls to

normal, leaving the person weak and prostrated out of all proportion to the severity of the illness. The foregoing are the symptoms in a simple, uncomplicated case. Inflammation of the lungs is the most serious complication that may arise—especially in middle-aged and elderly people. A rash resembling measles, or scarlet fever, often appears. The after-effects of influenza may be serious. The person is always left weak. Mental depression, inflammation of the brain, paralysis and insanity sometimes follow.

Treatment.—The person should take to his bed at once. Inflammation of the lungs and other complications are often brought on by the person trying to keep about and do his work. A physician should be consulted, as mortality from the disease is great, the complications which may set in are serious and the after-effects grave. Convalescence is sometimes long and tedious, the person remaining weak and unfit for mental or physical exertions sometimes for weeks and months. Paralysis and insanity occur most frequently amongst persons who have risen from their beds too soon and gone back to work. A teaspoonful of Parrish's food in water is a useful tonic in this stage, and should be taken three times a day after food.

INITIALS, conversational use of. *See* CONVERSATION, use of a person's initial after the prefix Mr., Mrs , or Miss.

INK, BLACK, to make.

Pulverize and mix 1 oz. extract of logwood, ½ oz. bichromate of potash in 1 quart of soft, hot water.

INK, BLUE, to make.

Dissolve basic or soluble Prussian blue in pure water.

INK, COPYING, to make.

Mix together ½ gallon of soft water, 1 oz. gum arabic, 1 oz. brown sugar, 1 oz. clean copperas, 3 oz. powdered nutgalls. Shake occasionally and strain after ten days.

INK, FADED BLACK, to restore.

Cover the letters with a solution of ferrocyanide of potassium and then with diluted muriatic acid. This will change the letters to a deep blue colour.

INK, FOR TICKET WRITING, to make.

Add ½ oz. gum to 1 gill of ordinary writing ink and place in a warm spot. Shake occasionally until well mixed.

INK, GOLD, to make.

Take equal parts of honey and gold leaf; add turpentine until gold is reduced as finely as possible. Shake with 30 parts hot water, and allow to settle. Decant the water and repeat the washing several times. Dry the gold and mix with gum water for use.

INK, GREEN, to make.

Dissolve sap green in very weak alum water.

INK, HORTICULTURAL, for writing on zinc or tin labels, to make.

Dissolve 1 part copper in 10 parts nitric acid, and add 10 parts water.

INK, INVISIBLE, to make.

Mix together 1 part sulphuric acid and 20 parts water. Use with a quill pen and the writing is only visible when heated.

INK, MARKING, to make.

Dissolve 1½ oz. nitrate of silver in 6 oz. of liquor ammonia fortis, and mix with ½ oz. gum arabic. Colour with 1 oz. archill.

INK POWDER, to prepare.

With every quart of water use 4 oz. powdered nutgalls, 3 oz. copperas, 1 oz. logwood, and ½ oz. gum arabic.

INK, RED, to make.

2 oz. Brazil wood
½ dram muriate of tin
1 dram gum arabic

Boil down in 32 oz. water to one half and strain.

INK, SILVER, to make.

Proceed as in making gold but substitute silver leaf for gold leaf.

INK, SYMPATHETIC, to make.

Make a weak solution of chloride or nitrate of cobalt. This is invisible until warm, when it appears green or bluish, disappearing when exposed to damp air.

INSECTS ON PLANTS, to destroy.

Green-fly and caterpillars are instantly killed by immersion in water heated to 45° C. (113° F.), while beetles perish in water of 50° C. Plants, however, will survive immersion in water 54° C., and accordingly when pot-plants are attacked by insects, an easy and effective method of getting rid of the pests is to roll the pot in a cloth and plunge the plant for a few seconds into water 50° C. (122° F.). On fruit trees also, caterpillars and insects may be destroyed by applying hot water either with a brush or with a syringe.

Here is an excellent insecticide for black fly, green fly, hop aphis, red spider and woolly aphis :

Steep ½ lb. quassia chips in ½ gallon water for 12 hours and add ¼ lb. melted soft soap. Make up with water to 4 gallons and use after showers in warm weather. Or—

A thin mixture of oil of turpentine and soap may be applied to the stems and branches.

See also ANTS to destroy; APHIS, to remove from rosebuds; CATERPILLARS, to destroy; EARWIGS, to destroy; PLANT-LICE (APHIDES), to destroy; ROSE TREES, to clear from blight; TOBACCO WASH (for plants), to prepare; TURNIPS AND SWEDES, to prevent destruction by " fly " in dry weather; WIRE-WORM, to destroy; and WORMS, to remove in potted plants.

INSOMNIA. *See* SLEEPLESSNESS.

INTRODUCTIONS.

Regardless of rank, a gentleman is always introduced to a lady. Thus you would say to her, " Miss A., may I introduce Mr. B.? " mentioning both their names distinctly; in fact the names may be repeated, though this is rather formal. Of course a still less formal wording would be adopted in such cases as when both parties are intimate friends of the person introducing them, but always the gentleman is presented to the lady.

When introducing two ladies, one of lesser rank or social importance must be introduced to the other, but when their positions are fairly equal a girl or younger woman is introduced to her elder, and an unmarried lady is introduced to a married one, unless the former is of higher rank or possessed of some more special claim to distinction.

Where both ladies are either married or single and there is no appreciable difference in rank or age, it is immaterial which name is mentioned first, unless one is a relation or more intimate friend of the person making the introduction, when she would introduce her to the other lady.

Upon the majority of introductions it is unnecessary to shake hands, a bow being sufficient acknowledgment, and though a man would take a lady's hand if she offered it, he should not make the first movement to do so.

A lady who is seated does not rise or shake hands when responding to an ordinary introduction, but she will shake hands with her host if he is introduced to her, and in her own home it is correct for her to shake hands when greeting her guests or upon being introduced to strangers, either ladies or gentlemen. A gentleman who is seated rises immediately for an introduction.

As a rule ladies do not shake hands in the street or other public place upon being introduced at a casual meeting. Certainly one of lesser rank or position should not make the first move in the matter, though she would accept the other's hand if offered.

Two people introduced by a very intimate mutual friend adopt the more friendly overture of hand-shaking, and the same applies upon the introduction of a hostess's relations to her friends at any but really formal gatherings.

Upon no occasion should a gentleman introduce to a lady an acquaintance of either sex whom he has reason to think it is undesirable she should know, so if approached, when with a lady, by any such acquaintance he would rather slight the newcomer by not effecting an introduction than insult the lady by making it.

If you do not wish an acquaintance to develop further, a polite little bow upon further meetings will generally meet the case.

Advantage should not be taken of a chance introduction to anyone of higher social position, such as may be made at a public gathering, a bazaar, fête, ball, or garden-party organized to aid charity or upon any other occasion when the classes mingle just for the time being in some common cause.

Never press for an introduction if the person you ask to effect it hesitates or appears embarrassed. If asked for an introduction which you consider best not made, much tact may be needed in wording a refusal or in securing a respite to find out privately the wishes of the other person.

In the Street.—When walking with friends there is no need to introduce them to any others you may meet, though it is quite correct to do so if you think this course will be mutually agreeable. Whether such an introduction is made or not will not greatly matter, because there is no definite obligation to continue an acquaintance so made.

When a gentleman walking with a lady meets another lady friend, he may introduce them if certain that this course will be pleasant to them both.

Should you meet friends of your own when out with your hostess while on a visit, it is correct to introduce them to her. A hostess usually follows the same rule when with a guest.

If one of two or more friends pauses to speak to any acquaintances and does not offer to introduce his or her companions, they should walk on slowly or withdraw to a little distance without having any reason to feel slighted, though it is only courteous for the one who has paused to offer some brief apology or explanation upon rejoining the friends. A gentleman should not unnecessarily desert a lady walking companion in this way.

A lady introduced to a gentleman at a dance need not offer recognition upon their next meeting, especially if he were merely introduced to provide her with a dancing partner, rather than with a view to forming an acquaintanceship, but much depends on the lady's own feelings in the matter and the degree of their friendliness during the dance, also upon their intimacy with the person who introduced them. A lady who has been thus introduced would not " cut " the gentleman without some reason.

INVALID COOKERY. *See* recipes for the following:

SOUPS.—Lentil, mock turtle, ox-tail, pearl barley, potato, vegetable.

BROTHS.—Chicken, mutton, veal.

MEAT, POULTRY, etc.—Mutton (boiled), mutton cutlets, lamb cutlets, veal (stewed), veal cutlets, tripe (thoroughly cooked), sweetbreads, brains on toast, chicken (roast or boiled), oysters (raw or scalloped).

Note.—An invalid may also be given steak, provided it is

INVALID COOKERY—*continued.*

placed between two plates and cooked for about half an hour over a pan of boiling water.

VEGETABLES.—Asparagus, cauliflower, celery, potatoes.

FISH.—Plaice, sole, whiting.

PUDDINGS AND SWEETS.—Apple fool, arrowroot blancmange, arrowroot custard, boiled batter pudding, bread and butter pudding, caramel pudding, custard pudding (steamed or baked), jelly moulds, junket, rice pudding, semolina pudding, sponge pudding, stewed fruit, tapioca pudding.

GRUEL, TEAS, etc.—Apple water, barley water, beef tea, blackcurrant tea, calf's foot jelly, camomile tea, egg lemonade, gruel, imperial drink, lemonade, linseed tea, milk (baked), milk lemonade, oatmeal gruel, toast water.

INVALIDS, visiting of. *See* CARDS, CALLING AND CARD-LEAVING.

IODINE LOTION, for corns and swellings in the neck.

Mix together ½ fluid oz. of tincture of iodine, 12 grains iodide of iron, ½ oz. chloride of antimony. Apply with a camel's hair brush.

IODINE STAINS, to remove.

Iodine is frequently used for various ailments, and too often gets spilt on bed-linen, underclothing, etc., leaving an ugly brown mark. When such an accident happens carbolic will entirely remove the stain without injury to the most delicate fabric. Get your chemist to give you about a pennyworth of 1 in 40 strength carbolic, put the stained part in a saucer, and simply pour the carbolic lotion over; the mark will at once disappear.

IODINE, TINCTURE OF.

This is very useful for reducing swelling in such cases as swollen glands (when the glands should be painted with it), toothache (gums should be painted with it), inflammation resulting from insect stings or bites, water on the knee, etc.

IONOPSIDIUM ACAULE (VIOLET GRASS), to cultivate.

For the rock garden this is a charming little plant. It is quite hardy, dwarf in its growth (about 2 inches high), and although classed as an annual its pretty tufts of lilac-coloured flowers spring up year by year from self-sown seed. It seems as if it would grow anywhere, and yet is always careful not to intrude upon its neighbours.

IRIS, to cultivate.

This plant may be divided into two groups, the bulbous and the non-bulbous (*rhizomatous*). Among the latter is *I. Germanica*,

the Flag or German Iris, which in its many varieties will flourish in almost any soil, and of which the following are good examples: Black Prince, with large, fragrant flowers of light and dark purple and yellow markings; Mme. Chereau, having white flowers tinged with soft blue; and *Pallida dalmatica,* a fine variety, with tall stems of delicate blue flowers and splendid foliage. The bulbous kind are well represented by *I. xiphioides,* the English Flag, and by *I. xiphium*, the Spanish Iris. Both of these are handsome plants, the English Iris having many varieties of colour—white, lavender, blue, purple and striped; while the Spanish Iris includes white, blue, yellow and striped. They like a light, well-drained soil and a warm, sheltered situation, but plenty of sunlight is their chief desideratum, while their next is that they shall not be disturbed. These are also requisites for the choicer sorts of bulbs, such as *I. reticulata, I. alata,* and *I. persica,* all of which are valuable examples, especially *I. reticulata,* which produces a wealth of fragrant flowers most useful for cutting.

IRISH STEW, to prepare.

1 lb. neck of mutton
2 lb. potatoes
1 lb. onions
little stock or water
salt and pepper

(Enough for five or six people.)

Wipe the meat, chine it and cut into chops, cut the potatoes into slices and chop the onions, put them into a stewpan in layers, adding plenty of salt and pepper. Add a little stock or water (about half a pint); simmer gently till cooked.

IRON RUST, to remove from delicate fabrics.

Cover the spot thickly with cream of tartar, then twist cloth to keep cream of tartar over spot. Put in a saucepan of cold water, and bring slowly to boiling point.

IRON RUST, to remove from muslins or white goods.

Thoroughly saturate the spots with lemon juice and salt, and then expose to the sun. More than one application is necessary as a rule. If the article is enclosed in a muslin bag when being boiled the rust mark will not reappear.

IRONS, RUSTY, to restore.

Rub over with beeswax and lard to restore to usual smoothness.

IRONWARE, to mend.

Two parts sulphur, one part fine blacklead. Put the sulphur in an iron pan over the fire until melted, then add the lead; stir well and then pour out. When cool break into small pieces. If a sufficient quantity of this compound is placed upon the crack it can be soldered by an iron.

ISINGLASS, to melt.

For every ¼ lb. isinglass take a good pint of water, into which throw one-twelfth part of the white of an egg. Beat the water until

it becomes white, throw in the isinglass, and place over a slow heat to melt.

ISOLATION, duration of.

The following will show how long isolation should be enforced, from the commencement of the first symptoms till the patient is considered non-infectious :

German measles, ten days; measles, two weeks; mumps, three weeks; diphtheria, four weeks; whooping cough, five weeks; scarlet fever, six weeks. In chicken-pox and smallpox all sores should be healed and the skin free from scales.

ITCH, a lotion for.

Lime water and linseed oil mixed in equal parts will stop the irritation.

ITCH, an ointment for.

A cheap, reliable and inoffensive ointment may be made by mixing 1 dr. chloride of lime, 2 fluid dr. rectified spirits, ½ fluid oz. sweet oil, 1 oz. common salt, 1 oz. sulphur, 2 oz. soft soap and 20 drops oil of lemons.

ITCH, treatment of.

Sulphur ointment should be rubbed in at night and washed off the following morning in a hot bath. This is repeated the following night. New clothes should be worn and the old ones disinfected by baking in an oven, and not put on again for some time.

IVORY, to bleach.

Dip in soapy water, place in the sunlight and take it in before it has dried. Repeat the process as often as may be necessary.

IVORY, to restore colour to.

Rub with lemon juice and Spanish whiting, and leave for half an hour. Wash off and polish with furniture cream. If greatly discoloured, wet well with soapy water and bleach in the sun; then rinse and polish. White piano keys should be gently rubbed with a little methylated spirits. Avoid using water.

IXIA, to cultivate.

This is a bulb which is well worth cultivating either in the green-house or the open garden in a warm, wall-backed border of southern aspect. For early flowering the bulbs should be planted in September or the beginning of October, in a light, well-drained soil and some protection from the frost, such as a covering of bracken litter, should be given as soon as the new growth appears.

JAM, APPLE, to make.

To every pound of fruit (weighed after being prepared) allow ¾ lb. preserving sugar, the grated rind of 1 lemon, and the juice of ½ lemon.

Take apples all of one kind, preferably greening apples, and peel, core and slice them very thinly. Place in a jar, stand in a saucepan of boiling water and stew till tender. Put fruit in preserving pan, add the sugar with grated rind and lemon juice, and simmer for half an hour over the fire. Remove all scum as it rises. Pour into jars, tie down and keep air-tight.

JAM, APPLE, to make. (Another recipe.)

Take good sound apples; pare, core and chop them finely. Make a good clear syrup with an equal weight of sugar. Add the apples to the syrup with the juice and grated rind of 3 lemons and a little white ginger. Boil until clear and yellow.

JAM, APPLE AND GINGER, to make.

Take a quantity of apples, peel thinly, remove core and cut into thin slices. When you have 4 lb. put into a pan with 4 gills of water. Cook till soft and then rub all through a sieve. Measure this and return to the pan with ¾ lb. of sugar to every pint of pulp. Cook slowly until the sugar has dissolved, then bring to the boil and skim. Then add the juice and grated rind of a lemon and 4 oz. of preserved ginger cut small. Boil all together until it jellies.

JAM, APRICOT, to make.

Cut the apricots in halves and remove the stones, crack them and take out kernels, weigh the apricots, and to every pound of fruit add ¾ lb. of preserving sugar. Put both into a pan and let it stand 12 hours. Then put the fruit and sugar into a preserving pan, bring slowly to the boil, then boil quickly, skimming constantly. When nearly done add the kernels of half the quantity of apricots used, pour into warm jars, and cover down the next day.

JAM, BLACKBERRY, to make.

Allow ¾ lb. sugar to a pound of fruit. Boil the fruit half an hour, then add the sugar, and boil all together 10 minutes.

JAM, BLACKBERRY AND APPLE.

Proceed in the same way as for apple jam, but instead of apples only use half apples and half blackberries.

JAM, BLACKCURRANT, to make.

For each quart of fruit allow 1 pint of water and 3 lbs. sugar. Boil for 25 minutes.

JAM, CHERRY, to make.

Stone 4 lb. cherries and then weigh, add an equal quantity of sugar and 3 teacupfuls of water. Boil the sugar and water in a jelly-pan for 10 minutes, add cherries and boil for half an hour.

JAM, covering down jars.

The following is a successful method for fastening down jars of jam: Save all pieces of clean white tissue paper; cut into circles,

and when wanted dip into a small quantity of warm milk. Lay on top of jar and gently press round with the fingers. When dry they will be found air-tight, like white parchment.

JAM COVERS, to make.

Take pieces of clean white paper and cut to the size required. Mix a little starch and smear it over one side of the paper with a clean cloth or a small brush. Put two papers together, with the starched sides touching, and tie down over the jars as securely as possible. Three layers of paper may be used if it is very thin.

JAM, DAMSON or PLUM.

3 lb. damsons or plums
½ pint of water
2½ lb. sugar, i.e., ¾ lb. to each lb. of fruit

Make a syrup with the water and sugar. Add the damsons or plums well washed, dried and stoned. Bring to the boil and boil quickly for about half an hour, or until the jam sets when tested. Remove scum, bottle and store in the usual way.

JAM, GOOSEBERRY.

4 lb. gooseberries
3 lb. sugar
1 pint water

The gooseberries should not be fully ripe for this purpose. After having well washed, topped and tailed the gooseberries make the jam in accordance with the recipe for Damson or Plum jam.

JAM, HARD AND SUGARY, to soften.

Jam which has become hard and sugary can be put right again by placing it in a warm oven until the sugar has melted.

JAM, QUINCE.

Cut the quinces in fine slices and cover them with water, allowing them to boil until they are soft. Then weigh the fruit and water together and allow ¾ lb. of sugar to each pound of fruit and water. Boil until the jam will set when tested. Skim well. Put into pots, tie down and store in the usual way.

JAM, RASPBERRY, to make.

Allow 1 lb. sugar to 1 lb. fruit. Boil the fruit half an hour, or till the seeds are soft. Strain one quarter of the fruit and throw away the seeds. Add the sugar, and boil the whole 10 minutes. A little currant juice gives it a pleasant flavour, and when that is used, an equal quantity of sugar must be added.

JAM, RHUBARB, to make.

rhubarb
lemons
sugar

Weigh the rhubarb after stringing or peeling; allow 1 lb. of sugar to 1 lb. of fruit. Put the rhubarb into the preserving pan

over the fire. When the juice flows add the sugar and the chopped rind of lemons (2 to every 6 lb. of rhubarb), boil until the jam is a good colour and thickness, skimming constantly. Pour into hot jars; cover the next day with paper dipped in whisky or brandy and then parchment.

Note.—Ginger added instead of lemon makes an excellent jam.

JAM, STRAWBERRY, to make.

Stew 6 lb. of sugar over same quantity of fruit and leave standing for 24 hours. Boil for 20 minutes.

JAM, VEGETABLE MARROW, to make.

5 lb. marrow, freed from pith and skin	2 large lemons
5 lb. sugar	2 oz. bruised ginger
	¼ teaspoonful cayenne

Put the sugar in a preserving pan, with sufficient water to cover the bottom of the pan. Add the marrow cut into pieces of 1 inch by 1½ inches and the juice of the lemons; also the rinds, ginger and cayenne tied in a muslin bag. Boil steadily for an hour and pour into jars.

JAMAICA PEPPER. *See* ALLSPICE.

JASMINE, to propagate.

Increase by layers or cuttings of ripe wood, struck in a warm frame in a mixture of light soil and sand during the summer. Plant out from October to March and prune shoots after they have bloomed.

JAUNDICE, remedies for.

The diet should consist of milk and broth, and the bowels opened by a blue pill taken at night, and a Seidlitz powder the following morning before breakfast. The bowels should be kept free, but violent purging should be avoided.

Here is a useful and easily prepared remedy. Take 1 oz. each of senna, camomile flowers, ground ginger, and powdered jalap and pour boiling water upon the mixture. Take half a teaspoonful of the decoction in a cup of tea once or twice daily.

JELLY, to colour.

Green Colouring.—Extract the juice from a few spinach leaves and boil it in about half a pint of water.

Red Colouring.—Boil very slowly for half an hour in ½ pint water, 1 scruple powdered cochineal and 2 drams cream of tartar.

White Colouring.—Use a little cream.

Yellow Colouring.—For opaque jellies use the yolks of eggs; for transparent ones pour boiling water upon a little saffron and use after it has drawn.

JELLY, APPLE, to make.

2 lb. apples
½ pint water
8 oz. loaf sugar
rind and juice of 2 lemons
1 oz. gelatine
few pistachio nuts
carmine colouring
½ pint cream

(Enough for six or seven people.)

Peel, core and slice the apples, put them in a stewpan with water, sugar, lemon rind and juice; simmer gently until the apples are tender. Remove the lemon peel and rub the apples through a hair sieve, dissolve the gelatine in a little water, strain it into the apple purée, colour a nice pink with a few drops of carmine, pour into a wet border mould, and turn out when set on to a glass dish. Whip, sweeten and flavour the cream, and fill the centre; sprinkle with chopped pistachio nuts.

JELLY, APPLE, to make. (Another recipe.)

Pare and core 2 doz. apples and boil till tender in 1½ pints water. Strain the liquor and to every pint add 1 lb. fine sugar, a little cinnamon, and a few drops of lemon juice. Boil to a jelly.

JELLY, ASPIC, to make.

1½ pints stock or water
1 onion
1 small carrot
1 small turnip
stick of celery
2 cloves
bunch of herbs
rind and juice of ½ lemon
½ gill sherry
2 tablespoonfuls vinegar
2 tablespoonfuls tarragon vinegar
10 peppercorns
salt
2½ oz. gelatine
whites and shells of 2 eggs

If stock is used remove the fat; put stock into a saucepan with all the ingredients except the whites and shells and the sherry; stir over the fire till the gelatine is dissolved. Whisk the whites slightly and add with the crushed shells. Whisk well until it comes to the boil, then stop whisking and let it boil gently for 10 minutes. Then set aside for a few minutes with the lid partly on. Strain through a hot tea cloth; put the sherry through the cloth last.

Note.—More gelatine must be used in hot weather.

JELLY, BLACKBERRY, to make.

Boil 2 quarts blackberries in 2 quarts water, bruising the berries with a wooden spoon; strain through a fine linen bag and boil syrup for 5 minutes. Add to each pint of juice 1 lb. sugar. Boil for quarter of an hour, removing scum as it rises. Pour into jars and cover.

JELLY, BLACKCURRANT, to make.

Place the fruit in a preserving pan with a little water. Heat the currants, gradually pressing until all the juice is extracted. Mix 1 lb. sugar with every pint of juice, and boil for 10 minutes, stirring continually. Pour into moulds and cover.

JELLY, BRAMBLE, to make.

Place berries in a jar in a pan of boiling water. Allow to steam gently for 6 hours, then strain through a cheesecloth. Allow 1 lb. sugar to ½ pint juice and boil for 10 or 12 minutes.

JELLY, CALF'S FOOT, to make.

After cleaning and preparing two feet boil them for 8 hours in 1 gallon of water, removing scum as it rises. When tender, strain the liquor through a fine sieve and leave till the next day, then remove fat and wipe the jelly dry with a cloth. Dissolve jelly and stir into it a wineglassful of good old sherry or 2 tablespoonfuls of pale brandy. Beat up the whites and crush the shells of 3 eggs into ¾ pint of cold water. Stir this liquid into the jelly and simmer for 15 minutes. Let it settle for 5 minutes before straining.

JELLY, CALF'S FOOT, to make. (Another recipe.)

To four nicely cleaned calf's feet, put 4 quarts of water; let it simmer gently till reduced to 2 quarts, then strain it, and let it stand all night. Then take off all the fat and sediment, melt it, add the juice, and put in the peel of 3 lemons, and a pint of wine, the whites of 4 eggs, 3 sticks of cinnamon, and sugar to taste. Boil 10 minutes, then skim out the spice and lemon peel, and strain it.

JELLY, CRAB APPLE.

4 lb. crab apples
1 quart water
1½ lb. sugar to each quart of juice

There is no need to peel the apples; simply wash them and cut any large ones in halves. Put apples and water into preserving pan, bring to the boil, then simmer until all the juice has been extracted from the fruit. Strain, add the sugar, bring to the boil again and boil until the jelly sets when tested. Turn into jars, cover and store in the usual way.

JELLY, DAMSON.

damsons
very little water
8 oz. sugar to each pint of fruit juice

Place the fruit in either a double cooker or in a stone jar placed in a saucepan of boiling water. Add very little water to the fruit, cover and allow to cook slowly until the damsons are thoroughly cooked through and all the juice appears to have been extracted. Then strain and put the juice into a preserving pan with about 8 ozs. of sugar to each pint of juice. Boil until the jelly sets when tested. Then turn into jars, cover when cold, and store in the usual way.

JELLY MOULD, AMERICAN, to make.

1 pint milk
2 eggs
¾ oz. gelatine
1 oz. castor sugar
vanilla essence

(Enough for four or five people.)

Dissolve the gelatine in the milk, but do not boil it; add the yolks of eggs and sugar, beat the whites to a stiff froth and add with the vanilla essence to taste. Put into a wet mould; turn out when set.

JELLY MOULD, CLARET, to make.

1 pint water
¾ pint claret
8 oz. loaf sugar
2 oz. gelatine
1 lemon
2 cloves
1 inch cinnamon

(Enough for six or seven people.)

Put the gelatine, sugar, lemon peel and juice, cloves and cinnamon into a saucepan with the water, which should be boiling, simmer for 10 minutes, add the claret, strain into a wet mould, and turn out when set.

Note.—Claret jelly can be cleared as lemon jelly if preferred, adding whites and shells of 2 eggs.

JELLY MOULD, FRUIT, to make.

1 quart lemon jelly
bananas
grapes
oranges
apples
glacé cherries
pistachio nuts
carmine colouring

(Enough for eight or ten people.)

Prepare the fruit very carefully; cut the bananas into slices, the oranges into quarters, removing the pips, cut the apples into fancy shapes and take out the seeds from the grapes. Decorate the bottom of a quart mould with cherries and chopped pistachio nuts, set it on ice with a little lemon jelly, arrange the fruit in layers, setting them with jelly, adding a little colouring getting darker each time, and allowing each layer to get firm before adding the next. Fill the mould quite full.

Note.—The lemon jelly for this must be made with more gelatine in proportion to support the fruit.

Fresh fruit such as strawberries, apricots, raspberries can be used.

JELLY MOULD, LEMON, to make.

6 lemons
2 oz. gelatine
1½ pints water
3 or 4 cloves
stick of cinnamon
8 oz. loaf sugar
2 tablespoonfuls sherry
whites and shells of 2 eggs

(Enough to fill one and a half pint mould.)

Peel the lemons very thinly, squeeze out the juice and add to the water with sugar, cloves, cinnamon and gelatine, making barely a quart of liquid altogether. When the gelatine is dissolved add the slightly beaten whites and crushed shells, whisk well until boiling-point is reached, let it boil 5 or 6 minutes, move aside till the scum cracks, strain through a scalded cloth; add the sherry. If it does

not run through clear at first pour it gently through the cloth a second time. When cool pour into a wet mould.

Note.—A loosely woven teacloth is the best kind to use in preference to a jelly bag. Tie the four corners to the legs of an upturned chair, standing on another chair; place the bowl underneath.

French leaf gelatine is the best to use. It requires no previous soaking.

JELLY MOULD, MILK, to make.

1 pint new milk
1 oz. sugar
½ oz. gelatine
1 tablespoonful brandy

Place the milk, sugar and gelatine in a white-lined saucepan, stir over the fire until the sugar and gelatine are dissolved, taking care the milk does not boil. When cool add the brandy, pour into a wetted mould and turn out when set. Stewed fruit or jam may be served with it.

JELLY MOULD, ORANGE, to make.

3 oranges
4 oz. loaf sugar
½ pint water
1 lemon
1 oz. gelatine

Rub the sugar on the rind of the oranges, peel the lemon thinly, simmer with water and sugar for 20 minutes; squeeze the juice of the oranges and lemon over the gelatine, add to the water and sugar, simmer together till the gelatine is dissolved; strain into a wet mould.

JELLY MOULD, PORT WINE, to make.

½ pint port wine
1 oz. castor sugar
½ oz. gelatine
1 inch cinnamon
2 cloves
1 tablespoonful water

Dissolve the gelatine in the water. Put the wine and spices in a clean white-lined saucepan, stand on a cool part of the stove and allow to heat gradually; add the sugar and dissolved gelatine, stir well; strain into a wet mould or into small jelly glasses. Set aside till cold.

Note.—Lemon peel may be used to flavour instead of spice if preferred.

JELLY MOULD, WINE, to make.

1½ pints water
2 oz. leaf gelatine
1 gill lemon juice
rind of 2 lemons
½ pint sherry
2 cloves
½ inch cinnamon
whites and shells of 2 eggs

(Enough to fill one and a half pint mould.)

Make as for lemon jelly. A little brandy may be added if liked after clearing, but it must be allowed for in the quantity of water used.

JELLY, QUINCE.

1 dozen quinces
12 oz. sugar to each pound of juice

Slice quinces finely. Cover with cold water. Boil until quite tender. Strain through a clean cloth, wringing it well through—not merely running it through—weigh juice and return to pan with ¾ lb. of sugar to each pound of juice. Boil about 40 minutes, or until it jellies when tested. Put into pots, tie down and store in the usual way.

JELLY, RASPBERRY AND CURRANT, to make.

Take 4 quarts of currants that are not over-ripe and pick them. Mash in preserving pan with 2 quarts raspberries and cook till almost white. Strain; take equal parts of sugar and juice. Boil juice 5 minutes; add heated sugar and boil for 3 minutes. Skim; pour into pots, and seal.

JELLY, RED CURRANT, to make.

currants
sugar

Use the fruit when quite dry and clean. Put it in a preserving pan and boil until all the juice is set free; pour through a jelly bag. Add 1 lb. of sugar to every pound of juice; boil quickly. When quite clear remove the pan from the fire, pour the jelly into hot glasses or jars, fill to the brim, and cover down the day after it is made. This jelly is served with roast mutton and hare.

JELLY, ROWAN, to make.

Wash berries that are almost ripe and place them in a preserving pan with just enough water to cover them. Boil until soft and then strain through a bag. Boil 1 lb. of loaf sugar with every pint of juice for half an hour, carefully skimming. Before putting the jelly in pots, see that it will set; sometimes it will not become firm under three-quarters of an hour's boiling; sometimes it gets firm much quicker. The jelly is improved by the addition of a pound of apple juice to every pound of rowan juice—with an additional pound of sugar for each pint of apple juice.

JELLY, ROWAN, to make. (Another recipe.)

Here is a recipe for a very delicious and uncommon jelly as made by Mrs. Margaret Sims, well known as a fine cook.

"Take 1 quart of mountain ash or rowan berries (gathered before the frosts set in, for they easily spoil in cold weather), and 1 quart of water. Put into a preserving pan and simmer together till the water is coloured and tastes bitter; then strain off the liquor and throw the berries away, cleaning the pan afterwards. Strain the liquor and return it to the pan. Put in with it 2 lb. of preserving sugar and boil slowly over a hot stove for an hour or a trifle less. Add ½ oz. of isinglass, which will readily dissolve in the warm liquor, strain off again into jars, and when cold cover in the usual way."

JEWELLERY, to clean.

Dip the jewellery into clean soap-suds made from fine white soap. Dry by brushing with a soft badger brush. Then dip into a mixture of boxwood sawdust and jewellers' rouge.

JONQUIL. *See* NARCISSUS.

JULEP, to make for the hair.

Dissolve soft soap in rain water, and add a little powdered borax, spirit of camphor and oil.

JULEP, EGG, to make for the hair.

Thoroughly beat up the yolk of an egg in ½ pint tepid water with a little powdered borax and a teaspoonful spirit of camphor. Use as a shampoo.

JUNKET, to make.

¼ pint milk
1 teaspoonful rennet
2 teaspoonfuls brandy
2 teaspoonfuls sugar
little cream
nutmeg and cinnamon

Warm the milk, add the sugar, brandy and pinch of cinnamon, mix in the rennet and pour into a glass dish or into custard cups. Leave until cold, pour a little cream on top and grate with nutmeg.

KALI, LEMON, to prepare.

Reduce to a fine powder and dry separately 5 oz. carbonate of soda, 5 oz. tartaric acid and 1 lb. loaf sugar. Mix together, flavour with 1 dram essence of lemon and rub through a sieve.

KEDGEREE, to prepare.

1 cooked smoked haddock or any cold fish
¼ lb. boiled rice
2 hard-boiled eggs
3 oz. butter
salt and pepper
chopped parsley
curry sauce

(Enough for four people.)

Flake the fish, carefully remove all bones and skin, add the butter, 1 egg chopped, salt and pepper, and the rice; get the mixture very hot, pile on a dish, scallop it round with a knife, garnish with chopped parsley and flaked yolk of egg. Place a cup of white of egg on the top with a sprig of parsley in it; serve with curry sauce.

KETCHUP, MUSHROOM.

6 lb. mushrooms
to each pint of liquor allow:
4 cloves
1 blade mace
¼ oz. allspice
¼ oz. ginger (well crushed)

Wash the mushrooms, cut off half the stalk of each and then break or cut the mushrooms in pieces and put them in an earthenware vessel in layers with salt sprinkled between. Place the vessel either in a cool part of the oven, or in a fairly warm place on the top of a range in order to draw off the juice from the mushrooms.

Leave for a whole day. Strain, pressing out all the liquor, which must then be measured and boiled for about 30 minutes. Add the other ingredients tied in a piece of muslin and boil again for about 30 minutes. Remove the muslin and contents and allow the ketchup to cool. Strain again, bottle, cork and store in a cool place.

KETCHUP, TOMATO.

7 lb. tomatoes
½ pint good vinegar
½ lb. brown sugar
½ oz. powdered cinnamon
½ teaspoonful cayenne
1 heaped dessertspoonful salt
little less than ½ oz. celery seed
little less than ½ oz. mace
little less than ½ oz. powdered allspice

Boil tomatoes until thoroughly cooked and then put through a colander. Do not use a sieve as this is too fine for this first operation. Stir the other ingredients into the resulting pulp and then put through a sieve. Put the mixture into a pan and boil gently until the quantity is reduced by half. Bottle, cork and keep in a cool dark place.

KETCHUP, TOMATO. (Another recipe.)

12 lb. tomatoes
12 oz. onions (chopped)
1½ oz. ginger (cut into small pieces)
3 gills vinegar
¼ oz. allspice
1½ oz. cloves
salt

Cut the tomatoes into halves (large ones into quarters), place in a basin or pan and leave for two days. Then bring to the boil and cook until the skin and pulp come apart quite easily. Strain through a sieve (not too fine), return to the pan and add the other ingredients, bringing all to the boil once more and cooking until there is only two-thirds of the quantity left in the pan. Allow to cool, strain once more and bottle. Keep tightly corked and store in a cool place.

KETTLE, IRON, to free from fur.

Fill the kettle with water; add 1 large spoonful of sal-ammoniac and allow to boil for a few moments. Empty it and stand over the fire to get red hot, when the fur will peel off. Boil in it some soda water for a short time. Then rinse well in cold water.

KETTLES, to prevent fur coating in.

Place in the kettle from the time it is first used after purchase either a stone marble, or an oyster shell.

KIDNEY, DEVILLED, to prepare.

4 kidneys
devil paste
chutney
buttered toast

(Enough for four people.)

Skin the kidneys, cut them open, spread with the devil paste and grill them over a clear fire; put them on rounds of buttered toast spread with chutney, and serve very hot.

Chops, steaks, cutlets, fish, etc., can be devilled in the same way.

KIDNEYS, to fry.

Briskly fry the kidneys for 15 minutes with a little butter. Remove them from the pan when done, and stir into the gravy a spoonful of flour. When brown add water to make gravy.

KIDNEYS, INFLAMMATION OF.

Causes.—Cold, damp, scarlet fever, pregnancy.

Symptoms.—Fever, pain in the loins, headache, vomiting. Eyelids become puffy, and the face pale and swollen. The dropsy often extends to other parts of the body.

Treatment.—The person should be put to bed in a warm room and hot fomentations applied to the loins. The diet should consist of milk alone, or with soda water, home-made lemonade, or the imperial drink. Neither meat, fish nor eggs must be taken. During convalescence a meat diet should be returned to gradually.

KIDNEY SOUP. *See* SOUP, KIDNEY.

KIDNEY TOAST, to prepare.

3 kidneys	½ oz. flour
1 teaspoonful chopped parsley	1 tablespoonful Worcester sauce
1 shallot	salt and pepper
½ oz. butter	buttered toast

(Enough for three people.)

Mince the kidney finely; cook the chopped shallot in the butter for 5 minutes, add the flour and Worcester sauce, boil for 2 minutes; put in the minced kidney, season with salt and pepper. Put on the buttered toast, sprinkle with bread-crumbs, bake in a quick oven for 7 or 8 minutes and serve hot.

KIPPERS.

Instead of frying or grilling them, place them in a pan and cover with boiling water. Allow them to remain for 5 minutes and then remove and serve at once. By this method of cooking the flavour is refined and the disagreeable odour which accompanies the frying or grilling of kippers is avoided.

KITCHEN AND ITS EQUIPMENT.

The kitchen should be well lighted and ventilated, and should be equipped with :

1. A cooking range or stove.
2. A kitchen table.
3. A kitchen cabinet, cupboard or cupboards.
4. A dresser.
5. At least one chair.
6. A separate cupboard, or tidy for brooms and brushes.
7. A clock.
8. Necessary cooking utensils.

If, as is the case in a number of houses nowadays, the kitchen

does the duties of both kitchen and scullery, then it should also be provided with :

9. A good sink.
10. A draining-board draining down into the sink.
11. A rack for mops, etc.
12. Soap dish.
13. A draining-rack for cups, saucers and plates.
14. A roller fitted in a convenient spot for carrying a roller towel.

The use and cleaning of the kitchen range or stove is dealt with under the headings Kitchen Range, Gas Cookers, Electric Cookers, and Oil Cooking Stoves.

The best type of kitchen table is one made of strong wood with a porcelain or enamelled iron top. As will be readily appreciated this saves a great deal of labour in cleaning. If this type of table would prove too expensive, any other kind of kitchen table purchased should be strong and made of plain, unstained and unvarnished wood, fitted, if possible, with one or two drawers.

Kitchen chairs should be made of varnished wood with, for preference, a wooden seat.

Needless to say the best type of kitchen dresser is one fitted with glass doors to keep out as much dust as possible.

With regard to kitchen utensils, these should be of good quality whether made of aluminium, enamel or iron. It is, of course, wiser to obtain the heavier qualities in aluminium and enamel ware, as this saves constant replacements.

For casserole cookery fireproof earthenware casseroles are, of course, necessary, and for oven use fireproof glassware is now finding great favour with housewives, partly because dishes made of this ware present quite a pleasing appearance and partly because they are easy to clean.

Where a sink is fitted in a kitchen the wall behind it should be either tiled, or painted with a washable paint.

KITCHEN RANGE, hint for cleaning.

If when cleaning the bars of the kitchen range you moisten the blacklead with a little methylated spirits you will obtain a quick and brilliant polish. *See also* POLISH.

KITCHEN RANGES.

Nowadays these are generally of the closed type. One of the first things to master in connection with a range is the use of the dampers. These are metal plates which are pulled out to create a greater draught through the flue and thus make the fire burn more fiercely, or pushed in for the reverse effect. When the fire is being lighted all dampers should be partly pulled out and kept so until the fire is burning brightly. Then if certain parts of the range are not going to be used, the damper corresponding to that part should be pushed in. For instance, if the oven is required for use, leave out the corresponding damper and push back the others. When the oven has become sufficiently hot and you wish to lessen the

heat, push the damper in a little way. If, after the fire in the range has been lighted, no part of the range is going to be used for a time, all the dampers should be left slightly open. Do not close them all, as this would cause the fire to smoke.

The best fuel for use in closed ranges is nuts, cobbles, or hard coal. Coke is useful to mix with the coal, as it is not only economical, but also helps to make a hot, clear fire.

Care and Cleaning of Range.—When about to clean a range, close door and window of kitchen to present the dust from blowing about. The following should be done every day if the range has been in use the previous day:

1. Cinders raked out into cinder-box.
2. All ash brushed away from every part of the range.
3. Polish range with brush (no need to blacklead it every day).
4. Rub all steel parts over with a cloth kept for the purpose, or, if necessary, with emery paper.
5. Empty ash-pan, or cinder-box.
6. Remove all dust from hearth and, if necessary, wash and whiten.
7. Clean fender and fire-irons.

Once a week the following extra cleaning should be carried out:

8. Open dampers and clear flues of soot with a flue brush.
9. Remove rings from top of range, free from soot and replace.
10. Remove the little door or slide underneath the oven and rake out soot into a shovel or other receptacle.
11. Brush out oven and then wipe out with cloth wrung out in hot soda water.
12. Remove any grease which may have been spilt on the range.
13. Blacklead range and polish.

To keep the range working properly the kitchen chimney should be swept every six months.

KNIFE HANDLES, to remove stains from.

Dip a piece of damp flannel in table salt and rub the handles for a few moments with it.

KNIFE POWDER, to make.

Place some coffee grounds in the oven and dry thoroughly. Then add a little bicarbonate of soda. This makes a cheap and effective knife powder. Or—

Mix together 2 oz. bath brick (finely powdered), 2 oz. emery powder, and 2 oz. middle purple oxide of iron.

KNIVES, to remove stains from.

Sprinkle a little bicarbonate of soda on the knife-board after the bath brick has been applied, and this will speedily remove from knives all traces of stains.

KNOBS AND KNOCKERS, cleaning.

When cleaning brass knobs or door-knockers, protect the paint by a piece of cardboard, out of which a hole has been cut just large enough to allow the brass edges to clear. For a brass door-knob slit the cardboard at the side, allowing the knob to pass through, and slip back firmly around the knob. You can then polish the brass without soiling the surrounding paint.

KNOCK KNEES, to straighten.

The child should be put to bed and not allowed to walk, and the legs rubbed daily and straightened out. No force should be used to cause pain. Afterwards a pad of cotton-wool on a piece of doubled soft flannel should be put between the knees, and the legs bandaged together. The bandage should be taken off every day and readjusted. In older children whose bones are not so soft steel supports may be worn. Severe cases may be operated on by a surgeon.

LABURNUM, to cultivate.

This should be planted in October and, after flowering, the weak shoots should be trimmed back. Cut away any dead wood during the winter.

LACE, to clean.

Take some clean old white muslin and sew it round a large bottle full of cold water. Wrap the lace carefully around the bottle. To prevent wrinkles tack one end of the lace to the muslin. Take a clean sponge soaked with sweet oil, and saturate the lace thoroughly through the wrappings to the bottle which is to be fastened by strings in a wash kettle. Pour in a strong cold lather of white castile soap and boil the suds until lace is perfectly clean and white. The bottle should then be placed in the sun to dry. Remove the lace and wind it round a ribbon block or press.

LACE, to tint.

After rinsing dip in weak tea or coffee. Black lace should be quite cleared of dust by brushing with a soft brush. Soak it in prepared tea containing 1 dessertspoonful tea, 2 teaspoonfuls gum arabic, and 3 pints boiling water. Iron under tissue paper.

LACE, to wash.

Soap jelly may be used for washing lace—afterwards rinse in cold water. Lace should always be ironed on the wrong side on a thickly covered ironing-board under muslin or tissue paper, with the points away from you. Guipure, Irish, and similar kinds of lace must be washed in tepid water, then shaken and pinned on to a board, and left till dry. On no account must it be ironed.

LACQUER, to prepare.

Dissolve 8 ounces alcohol, 1 oz. gamboge, 3 oz. shellac, 1 oz. anotta, 3 oz. solution of seed lac in 1 pint alcohol. Add ½ oz. Venice turpentine. Keep in a warm place four or five days.

LAMB, BREAST OF, to stuff and roast. *See* MUTTON, BREAST OF.

LAMB CHOPS, to fry.

Dip them in bread-crumbs, a little grated lemon, the yolk of an egg and chopped parsley. Fry to a light brown and serve with brown gravy.

LAMB, SHOULDER OF, to roast.

It is best cooked with the forequarter, but it will take about an hour if cooked alone.

LAMP-BLACK, FOR PAINTING, to prepare.

Put some common lamp-black on an iron plate over the fire and when it has stopped giving off smoke it is ready for use.

LANOLINE MILK, a recipe for.

The so-called lanoline milk is prepared as follows:

2½ oz. anhydrous lanoline
2½ oz. glycerine
1½ oz. tincture benzoin
6 drams gum mucilage
18 oz. water
20 drops ionome (or ylang-ylang synthetic)

Melt the lanoline on a gentle heat and mix with the glycerine and water. After this the tincture benzoin and gum mucilage is added, with continued vigorous shaking; finally the scent is introduced. Shake before use.

LARDERS.

These should be thoroughly cleaned and washed out once every week. The shelves should be wiped with a damp cloth every day and the door and window, or windows, opened to give the larder a good airing. All wire, or muslin covers, bread pan, etc., should be well washed each week.

LARKSPUR, to cultivate. *See* DELPHINIUM.

LARYNGITIS, ACUTE.

Causes.—Exposure to cold is the most frequent cause. Other cases are inhaling irritating vapours, such as strong ammonia, breathing air full of particles of dust, drinking scalding fluids, acids, or caustics.

Symptoms.—The throat is dry and sore and the voice husky, or completely lost. There is a short, dry cough, and small pellets of phlegm are expectorated. The breathing may be interfered with, but is not markedly so as a rule.

Treatment.—The person should refrain from talking. The room should be warmed and kept moist with a bronchitis kettle. A teaspoonful of Friar's balsam in a pint of hot water may be inhaled and afterwards small pieces of ice sucked. Soothing drinks, such as gruel, or barley water, may be taken. The cough requires the

same treatment as the cough in the case of bronchitis. Warm flannels applied to the throat give relief. Laryngitis in children is treated with a teaspoonful of ipecacuanha wine, repeated, if necessary, until vomiting is produced. A hot sponge should be applied to the throat, and the air in the room kept warm and moist.

LARYNGITIS, CHRONIC.

Causes.—Repeated attacks of acute laryngitis, constant use of the voice, the excessive use of alcohol and tobacco, cancer, consumption.

Symptoms.—The voice is husky, and the person is constantly clearing his throat. The throat tickles when the voice is used and there is an irritating short cough. The symptoms may last for years, getting better when it is not necessary to use the voice and when tobacco and alcohol are left alone, but returning directly the voice is used for any length of time, or the old habits are resumed. In cancer and consumption, the symptoms progress rapidly.

Treatment.—The voice should be rested and the use of tobacco and alcohol avoided. The clothing should be warm and the patient, if possible, should remain in the house on cold, damp days. A change to a milder climate is desirable. Gargles do not reach the seat of the mischief and local applications can only be applied by a surgeon with special instruments.

LAUNDRY HINTS. *See* under various articles to be washed, bleached, or cleaned, and under washing preparations, such as soap, etc.

LAVENDER, to propagate.

Plant slips in pots during March or April, and leave in a shady place till rooted. Then expose to the sun till strong enough for transplanting to permanent position.

LAVENDER SACHET, to prepare.

Mix together 75 parts powdered lavender, 20 parts powdered benzoin, and 1 part oil of lavender.

LAVENDER WATER. *See* PERFUME.

LAWNS, to free from dandelions and docks.

Cut the weeds to the ground in spring and immediately place gas-tar or a little salt on them.

LAWNS, to kill worms in.

Add 2½ lb. freshly-slaked lime to about 8 gallons of water. Allow to settle and use the clear liquid on the lawn.

LAWNS, sowing of.

Unless it is possible to obtain really good turf, free from weeds, for laying down a lawn, it is much better to make one from seeds

purchased from a reliable source. There is also the advantage in this method of being able to choose seed suitable to the soil and position of the proposed lawn. First of all prepare the ground by marking out the area of the plot, then dig all over, turning soil completely and breaking up finely, to a depth of 10 to 12 inches. Cover the whole surface with manure forking to a depth of 3 or 4 inches. The next step is levelling. This is done by driving a stout wooden peg, about 2 feet long, sharp pointed at one end, but with a flat head, into the centre of the plot, allowing the head of the peg to stand up from the ground at the height required for the level of the plot. From this centre, in radiating lines at distances of some 15 feet apart, similar pegs should be driven in, and by means of a spirit level and a level-edged board placed from peg to peg, the tops of all the pegs may be brought to an exact level. Next rake the surface of the plot to a uniform level, then, using a small roller, roll until an even, as well as a level, surface is obtained, when the plot should be so well consolidated that, when walked on, the imprints of the foot can scarcely be seen. The ground is now ready for sowing the seed. The amount of seed required will work out at about 1 lb. for every 4 square yards, and it is a good plan to mark out the plot accordingly. Sow the seed on a calm, dry day (not a windy, nor wet one). The seed should be sown as evenly as possible and be lightly covered with soil—not deeper than a quarter of an inch—by carefully raking the surface in two directions, after which the whole should be rolled and cross-rolled with a light roller. When the grass has grown to about 1 inch above the ground, it will be greatly benefited by the application of a fertilizing fibre and when it has grown to 2 inches above the ground it should be cut, either with a scythe, or sharp machine, and should be kept short. Roll frequently with a light roller.

LAYERING, to propagate plants by.

Propagation by layering may be effected at any time, though it is usually done in July. Make an upward cut just below a joint in a lower shoot. The incision should pass half-way through the shoot and should be from 1 to 3 inches long according to the size of the plant. Peg the shoot securely into the soil, keeping the " tongue " as open as possible with a piece of wood. Place underneath a little grey sand, cover with earth and, after a couple of days, give plenty of water. Cut away from the parent plant when the layers are finely rooted—in soft-wooded plants such as carnations this occurs in about six weeks.

LEADWORT, to cultivate. *See* PLUMBAGO.

LEATHER, to make a waterproof preparation for.

½ pint linseed oil, 1 oz. each yellow wax and white turpentine, 1 oz. burgundy pitch. Melt and colour with lamp-black.

LEATHER CHAIRS, to clean.

Wash the leather with warm water to which a teaspoonful of

vinegar is added; dry well with a leather, and rub in the following mixture with a flannel: Put whites of 2 eggs and 2 teaspoonfuls of turpentine into a basin and whisk well; polish leather with a linen rag.

LEECHES, to apply.

The part where the leeches are to be applied should be washed and a little milk smeared over the place. If they will not bite, the skin may be pricked with a needle. Leeches should never be pulled off, but allowed to drop off; sprinkling salt on them will make them come away. Sometimes leech bites will not stop bleeding; a pad of cotton-wool placed on the bite and kept in position by pressure from the finger will always stop the bleeding.

After the leeches have been removed from the flesh, place them in a solution of salt and water (one-sixteenth per cent. of salt). They should then be immersed separately in warm water and gently squeezed until clean. Then place them in clean cold water for future use. Renew the water daily.

LEEKS, to boil.

leeks
salt
½ pint white sauce
toast

Wash the leeks thoroughly, trim into even lengths, tie them into bundles, put them into boiling water with salt and boil till quite tender; drain them, dish on a slice of toast in a hot vegetable dish, remove the tape, pour the white sauce over and serve.

LEEKS, to grow.

Sow seed in boxes early in February on a moderate heat for an early crop. Prick out when about 2 inches high, transfer to a cold frame in April, and harden off and plant out in May. Sow in March or April for main crops and transplant into well-manured soil, in June or July in rows 8 inches apart and allowing 6 inches between the plants. As they grow earth up and blanch as for celery and give plenty of liquid manure.

LEMONADE, to make.

1 large lemon or 2 small ones
1 oz. sugar
1 pint water

Peel the lemon very thinly, squeeze out all the juice, put rind, juice and sugar in a jug and pour over the boiling water. Cover the jug closely and strain when cold. Ice may be added.

LEMONADE, EGG, to make.

Add 1 tablespoonful of water to 1 egg and beat well; then add the juice of a lemon and sugar to taste. Stir well and pour into a glass containing a little water.

LEMONADE POWDER, to prepare.

Powder 1 oz. tartaric acid and 2 lb. white sugar. Add ¼ oz. essence of lemon. One dessertspoonful will make a glass of lemonade.

LEMON CORDIAL, to prepare.

Steep fresh and dried lemon peel, each 2 oz., and 1 oz. fresh orange peel in 1 gallon proof spirit for a week; strain with expression; add clear soft water to reduce it to desired strength; with lump sugar 3 lb. to the gallon. A little orange flower or rose water improves it.

LEMON CURD, to make.

Put ½ lb. fresh butter and 1 lb. fine white sugar in a saucepan. Place the saucepan in a larger one containing water and boil until the butter and sugar have melted together. Meanwhile grate the rind of 2 lemons into a cup and pour the strained juice of 3 lemons into another. Stir the lemon rind into the butter and sugar when they are quite melted. Add the lemon juice and finally 3 eggs well beaten and strained. Cook slowly until the curd thickens.

LEMON FILLING, to prepare.

½ lb. loaf sugar
2 oz. butter
2 eggs
rind and juice of 2 lemons
1 oz. cake-crumbs

Put the sugar, butter and lemon into a double saucepan; when dissolved add the beaten eggs, and stir till it thickens. Do not allow it to boil or it will curdle. Add the crumbs. When cold it is ready to use.

LEMON JUICE, to keep.

To 1 pint lemon juice add ½ oz. powdered charcoal and stand for a day. Then filter through fine muslin; bottle, cork tightly, and if kept in a cool cellar and not disturbed it will keep good for a number of years.

LEMON PUDDING. *See* PUDDING, LEMON.

LEMONS, to keep.

Cover with buttermilk or sour milk which should be changed each week.

LEMON SAGO, to make.

4 oz. sago
1 pint water
4 tablespoonfuls golden syrup
grated rind and juice of 2 lemons
custard sauce

(Enough for five or six people.)

Boil the sago with the water till quite clear, add the syrup and lemon rind and juice, boil all together for a few minutes and pour into a wet mould. Turn out when set and serve with custard sauce.

LEMON SPONGE, to make.

1 pint water
1 oz. gelatine
¼ lb. loaf sugar
rind and juice of 3 lemons
3 whites of eggs

(Enough for five or six people.)

Peel the lemons thinly and put into a saucepan with lemon juice, sugar and gelatine; boil gently for 15 minutes. Allow to get cool, beat up the whites very stiffly, add the gelatine and water, etc., whisk well till it begins to stiffen, pour into a wet mould and turn out when set.

LEMON WATER ICE, to prepare.

4 lemons
6 oz. sugar
2 whites of eggs
1 pint water

Peel the lemons very thinly; put into a saucepan with 1 pint cold water and 6 oz. loaf sugar. Boil for 10 minutes, take it off the fire, strain it and add the juice of the lemons; allow it to cool. Whip the whites of eggs, stir them in, pour mixture into an icing-making machine and freeze.

LENTEN ROSE, to cultivate. *See* HELLEBORUS.

LENTIL CUTLETS.

½ lb. lentils
1 small onion
1 egg
1 dessertspoonful parsley
butter size of a walnut
bread-crumbs
pinch of thyme
1 small beetroot
2 tablespoonfuls tomato ketchup
pinch of pepper and salt

Soak the lentils for at least 12 hours, then place in saucepan with enough water to cover, bring to the boil and then allow to simmer gently until thoroughly cooked. If unable to obtain beetroot already cooked, this must be cooked and then cut in small pieces. Next chop onion fairly small and fry. Chop parsley finely. Mix all ingredients and leave to get cold. Shape into cutlets, dip in egg and bread-crumbs and fry in oil.

LENTILS.

Red lentils do not require soaking; simply wash and put into the saucepan with 1½ pints of water to each ½ pint of lentils, adding a small chopped onion and about 1 oz. of dripping. Stir all the time while bringing to the boil, then cover and simmer slowly for about 1½ to 2 hours, adding more water if necessary during this time.

LENTIL SOUP. *See* SOUP, LENTIL.

LEOPARD'S BANE (DORONICUM), to cultivate.

A family of showy, vigorous-growing plants. Its sturdy growth and its capability of thriving in any soil render it most useful as a covering for rough banks or for the wild garden, where its large, bright yellow flowers of daisy-like form are very effective in early spring. It can be easily propagated by division of the roots.

LETTERS OF INTRODUCTION.

An introductory letter should be given unsealed to the bearer that he, or she, may read it if so inclined, but of course the bearer closes it before delivering to the addressee.

It should be remembered both by the person who asks for an introductory letter and the one who writes it, that the writer is to a certain extent—according to the wording of the letter—making him or herself responsible for the person introduced, so the favour should not be lightly asked, or granted without due consideration as to whether the introduction is advisable and will be agreeable to the third party.

The bearer of a social introductory letter should leave it, together with his or her own card, at the house of the person addressed, not asking then to see the recipient, but waiting for a return letter or call, making some arrangement for a meeting.

Introductory business letters may either be sent by post, accompanied by a business or professional card and a request for the favour of an interview, or a personal call may be made by the bearer of the letter, with the expectation of either securing an interview right away or of having one arranged.

LETTERS TO ROYALTY, TITLED PERSONS, ETC., forms of address.

It is both interesting and necessary to know how all ranks and classes should be addressed in writing both by their equals and others, for not only people moving in exclusive circles but quite ordinary citizens as well may suddenly find themselves confronted with the necessity for addressing a letter to some royal or other exalted personage, and some puzzling problems may also arise concerning the correct way of writing to everyday kinds of people.

All communications addressed to royalty, unless from favoured intimates in the royal circle, are sorted and sifted by the various secretaries and officials who handle the vast amount of correspondence received, using their discretion as to which letters should be passed on and which dealt with by themselves.

At the beginning of a letter the King is addressed as " Sir," the Queen as " Madam," above these words being written " His Majesty the King," or " Her Majesty the Queen," respectively.

A letter to the King or Queen would end in this manner : " I have the honour to submit myself, with profound respect, Your Majesty's humble and obedient servant," or " I have the honour to be, Sir (or Madam), Your Majesty's humble and obedient servant." On the envelope : " His Majesty the King," or " Her Majesty the Queen."

The Prince of Wales is addressed as " Sir," and above is written : " To His Royal Highness the Prince of Wales." The letter would end : " Your Royal Highness's dutiful and most obedient servant." On the envelope : " His Royal Highness the Prince of Wales."

Princesses and other ladies of rank are addressed as " Madam," this being written beneath the formal title.

Royal Dukes are addressed as " Sir," beneath the formal heading, " To His Royal Highness the Duke of ——" and the letter would end : " I have the honour to remain, Sir, your most obedient servant."

A Duke not of the Blood Royal is addressed by intimates as " Dear Duke," but those beneath him in station would write : " My Lord Duke," or " Your Grace," beneath the formal heading, " The Most Noble the Duke of ——." The letter would conclude : " I have the honour to be your Grace's most obedient servant." On the envelope : Same as the formal heading.

A Duchess is addressed by intimates as " Dear Duchess," but other classes would first write : " Her Grace the Duchess of ——," then commence " My Lady," or the usual form for tradesmen is " Your Grace."

Beneath the formal title a Marquis or Marchioness is addressed " My Lord," or " Madam." The letter would conclude : " I have the honour to be, my Lord (or Madam), your faithful servant." On the envelope : " To the Most Honourable the Marquess (or Marchioness) of ——."

Beneath the formal title, an Earl or Countess is addressed : " My Lord " (or Madam). The letter would end : " I have the honour to remain, my Lord (or Madam), your obedient servant." On the envelope : " To the Right Honourable the Earl (or Countess) of ——."

A Duke's eldest son takes a courtesy title and is addressed accordingly. A younger son is addressed : " To the Right Honble. Lord Henry ——." A Duke's daughter is addressed : " To the Right Honble. Lady Helen ——."

An Earl's eldest son takes a courtesy title and is addressed accordingly. A younger son would be addressed : " The Honble. John ——." An Earl's daughter is addressed in the same way as the daughter of a Duke.

A letter to a Viscount or Viscountess would begin : " My Lord (or Madam)." It would conclude : " I have the honour to remain, my Lord (or Madam), your obedient servant." On the envelope : " To the Right Honble. Viscount (or Viscountess) ——."

The sons and daughters of a Viscount are all styled " The Honble." A letter would begin " Sir " (or Madam).

The titled wife of an untitled man retains her title and his surname after his death. But when a peer dies and a male heir succeeds to the title, the widow of the late peer becomes the Dowager. This is, however, a title which many widows dislike, preferring to distinguish their position as Dowagers by prefixing their Christian names to the title—which is borne by the wife of the reigning peer. For example, the widow of the late Earl of Blankshire would write herself " Alicia, Countess of Blankshire."

Sons and daughters of peers above the rank of barons include their Christian names in their courtesy titles : Lady Mary Dash (not Lady Dash), Lord John Blank (not Lord Blank).

When the titled daughter of a peer marries a commoner, she retains her title, so the formal manner of their joint address would

be " Mr. and Lady Mary Smith," if Lady Mary Somebody married plain Mr. Smith. If the Honble. Mary Dash married Sir Henry Smith, you would address them as " Sir Henry and the Rt. Hon. Mary Smith."

When husband and wife are addressed jointly, the husband's name is always written first, irrespective of the fact that his wife may possess a higher title.

The prefix " Miss " is never used in the same form of address as the title " Honourable," or its abbreviation, or the prefix " Mr. " in conjunction with " Honourable," " Right Honourable," or their abbreviations, and only in the case of a married lady is the prefix " Hon." not followed by the Christian name or initial. Thus you would not write " The Hon. Maltravers," " The Rt. Hon. Baskcomb," or " The Hon. Miss Mary Portman," but " The Hon. John Maltravers," " The Rt. Hon. John Baskcomb," " The Hon. Mary Portman," but " The Hon. Mrs. Portman " is correct.

In the course of ordinary social correspondence such prefixes as " His (or Her) Grace," " The Most Noble," " The Rt. Hon.," are not used before the titles of members of the Peerage, but the case of a Privy Councillor not belonging to the Peerage is different. For instance, you would write : " The Rt. Hon. A. C. Dash, M.P.," or " The Rt. Hon. Sir Claude Blank, Bart.," but not : " The Rt. Hon. Lord Dash," although he be a Privy Councillor.

Some misunderstanding often exists concerning the " the " preceding the title " Lord " or " Lady." In the case of a baronet or knight, who is neither the son of a peer nor himself a Privy Councillor, this " the " is not written before his own or his wife's name.

" Sir " precedes the name of a knight, also of a baronet, but in the case of the latter the name is followed by " Bart.," so we write " Sir John Dash " to a knight, or " Sir Henry Blank, Bart.," to a baronet, but if a knight is by right of heredity an " Honourable," being the son of an Earl, Viscount, or Baron, " The Hon." precedes the word " Sir " in his written form of address, thus : " The Hon. Sir Harry Blank." Upon invitation cards the distinguishing word " Bart." is not used.

Wives of baronets and knights alike share the title " Lady," unless they possess other hereditary titles.

Distinctions accorded by the law and the professions, or the various orders of knighthood follow after the affix " Bart.," thus : " Sir Charles Dash, Bart., K.C.," or " Sir John Dash, M.D., M.P."

The letters M.P. are always placed after any initials representing orders of knighthood, of degrees, or of distinctions granted by patent.

It should be noted that hereditary, military, naval or professional titles are placed before the title " Sir."

For example, it is correct to write " Vice-Admiral Sir Richard Blank, K.C.M.G.," " Colonel the Hon. Claude Dash, M.V.O., M.P," " The Revd. Sir James Blank, Bart, M.C.," " The Rt. Hon. Sir Henry Dash, Bart., M.D., M.P."

In the case of invitation cards addressed to a naval or military

man or a clergyman, his professional title is placed before any other he may have gained or inherited. Thus an Earl who is also a Field-Marshal would be styled, " Field-Marshal the Earl of ——," and in like manner we should write, " Admiral Sir John So-and-so," or " The Revd. Lord Henry Blank."

The written style of address for letters to naval and military men is much the same as the colloquial, naval commanders and army captains and all ascending ranks being given their professional titles, but in the case of officers officially addressed as Vice-Admiral, Lieutenant-Colonel, Brigadier-General, etc., the unqualified forms, " Admiral," " Colonel," " General," and so forth are used in social correspondence.

An officer below the rank of a naval commander or an army captain is styled " Mr." in correspondence, though an envelope would be addressed " John Blank, Esq.," unless the letter were being sent to a man who is in barracks or on his ship, when the description of rank would be used : " Lieut. A. Blank, R.N." or " Lieut. B. Dash."

Wives of clergymen, naval and military officers and doctors do not take any title from the official or professional rank of their husbands.

An Archbishop is usually given his clerical title and the name of his see, thus, " The Archbishop of Canterbury," and the same almost as generally applies to Bishops and Deans, for instance, " The Bishop of London," and " The Dean of Westminster," but their wives are addressed by their lay surnames and the prefix " Mrs.," unless having the right to some title of their own or of their husband's, which is not derived from his calling.

Formal letters to an Archbishop and those from social inferiors would begin, " Your Grace," and end, " I remain Your Grace's most obedient servant." Intimates would write " Dear Archbishop."

In like manner the form for a Bishop would be, " My Lord," or " Right Reverend Sir," or the humblest mode of all, " May it please your Lordship." Intimates would write " Dear Bishop." The respective endings to the first three mentioned would be, " I remain, My Lord," " I remain, Right Reverend Sir," and " Your most obedient—or humble—servant."

Letters to a Dean are addressed, " The Very Revd. the Dean of ——." They begin " Mr. Dean," or " Dear Mr. Dean," according to the degree of acquaintanceship when from equals. Humbler correspondents begin with " Very Reverend Sir," beneath the formal designation.

" Reverend Sir " is a humble form of address for the clergy of lower ranks, otherwise " Sir," or " Dear Sir," or " Dear Mr. So-and-so " are correct.

The title Revd. should always be followed by the Christian name or initial : " The Revd. A. (or Arthur) Blank "—not " The Revd. Blank."

Wives of Lord Mayors and Mayors have respectively the privilege of being addressed " The Lady Mayoress," and " The

Mayoress," but letters other than those of an officially formal nature should begin " Madam," " Dear Madam," or " Dear Mrs. Blank," unless she has a claim to some other rank not dependent on her husband's office as Mayor—or Lord Mayor.

The feminine relation of a widowed or bachelor Mayor or Lord Mayor, who may be nominated by him as Mayoress or Lady Mayoress, would be accorded the official title.

The mode of address for a medical man depends greatly upon whether he is essentially a physician or a surgeon, also upon the " letters " to which the degrees he has taken in either branch of the profession entitle him.

The usual " passing " degrees for a physician are : Licentiate of Royal College of Physicians (L.R.C.P.); Bachelor of Medicine (M.B.); Doctor of Medicine (M.D.); Fellow of Royal College of Physicians (F.R.C.P.). And for surgeons : Member of Royal College of Surgeons (M.R.C.S.); Bachelor of Surgery (B.S.); Fellow of Royal College of Surgeons (F.R.C.S.); Master of Surgery (M.S.).

A surgeon is always directly addressed in a letter as " Mr.," but " Esq." is used on the envelope : " A. Blank, Esq., F.R.C.S."

A letter to a physician or general practitioner would commence " Dear Sir," or " Dear Dr. Dash." The envelope may be addressed either " A. Dash, Esq., M.D." (or other degree letters), or " Dr. A. Dash."

If there is any uncertainty over the form preferred, it is usually wiser to write " Dr."

The Lord Chancellor is addressed : " To the Right Honble. the Lord High Chancellor," or " To the Right Honble. Earl ——." Below this he would, in a letter, be addressed " My Lord."

The same style is adopted in addressing the Lord Chief Justice, the Master of the Rolls, and the Lords of Appeal.

Puisne Judges are addressed : " To Mr. Justice Dash," or " To the Hon. Mr. Justice Dash " (as the case may be), with " Sir " to begin the letter.

Judges of the County Court are addressed : " To his Honour Judge ——," with " Sir " to begin the letter.

Justices of the Peace are addressed : " A. Blank, Esq., J.P."—unless they have claim to a title—with " Sir " to begin the letter.

A new title for women, that of " Dame," was created during the Great War. It belongs to the highest grade of the Order of the British Empire, and where its recipient has claim to no higher title through birth or marriage she uses it before her Christian name, whether she is being addressed singly or in conjunction with her husband, thus : " Dame Nellie Melba, D.B.E."

Of course Mr. and Esq. must not be used together. " Esq." is never written after a name which is preceded by " Mr.," " The Hon.," " The Revd.," or any other title. Also, the title " Esq.," is never used upon invitation cards. " John Citizen, Esq." will be written upon the envelope containing the card, but inside he is addressed as " Mr. Citizen."

In writing official letters, such as are addressed to Government Departments, public bodies, individual officials, etc., their title is

written above the salutation, " Sir (or Madam)," " Dear Sir (or Dear Madam)," " Sirs," " Dear Sirs," or " Gentlemen." " Yours faithfully " is a suitable ending.

" Dear Sir " is a usual beginning for a letter to a lawyer, banker, architect, or other business or professional man.

Various abbreviations commonly used in business letters are not permissible in private correspondence.

LETTER-WRITING.

The most appreciated letter from a friend or relation is one written with an ease which breathes the writer's personality. It should be neither egotistic, full of grievances and woes, nor laboured and stilted as though it had been a tiresome duty, but one that will give the impression of having been prompted by a sincere regard for the recipient, because it deals interestingly with just the descriptions, information and news items which will appeal specially to her. Scandal or unkind gossip should find no place in letters.

Neatness, daintiness and simplicity should be aimed at both as regards the stationery used and the style of the letter.

Impressions of a person's character, tastes, and the degree of culture he or she possesses are often formed from handwriting. Anything in the way of flourishes and exaggeration of style should be avoided, rendering the writing legible and unaffected, and the signature should always be very clearly written.

It is not at all polite to begin or end a letter with the information that you are too busy to write anything but a hurried scrawl. It takes only a few more minutes to write a neat, pleasant letter, and the recipient may feel very hurt at not being considered worth the extra time and trouble.

Begin fresh pages in their proper order, so that the recipient does not have to twist and turn the letter about to follow its sequence, or when writing on several single sheets from a stationery tablet, place them together in correct order.

Never cross a written sheet with further writing or squeeze in cramped, illegible messages in the margin. It is now considered in bad taste to write the letters " P.S." before anything which has to be added to a letter after it has been finished.

To underline words and sentences in order to emphasize them is considered vulgar, and it is not necessary in a well-phrased letter.

Social correspondence should not be typewritten unless for some special reason and with an apology or explanation, except in cases where the sender knows the recipient will not feel slighted, or when there is some understanding between friends in the matter.

When penning a letter in the third person, great care must be taken to keep to the same mode right through.

For instance, it is correct to begin, " Mrs. Blank requests the pleasure of Mrs. Dash's company . . ." but altogether wrong to lapse into another style by ending " and hopes *you* will be able to stay for the dance," or to end " Yours sincerely," which is a further deviation from the third-person style in which the letter began.

The third-person style is reserved chiefly for briefly worded

invitations and acceptances, for formal notes between less intimate acquaintances or strangers—such as a request for a servant's character from some unknown previous employer—and it is also considered more expedient for certain business communications and letters, or orders for tradesmen and dependents.

When a letter asking a favour of a stranger requires a written reply, a stamp should be enclosed, a case in point being that of a request for a servant's reference.

Nothing of a personal or confidential nature should ever appear on a postcard, for much annoyance may be caused to the recipient, especially if staying away from her own home, even though the writer may not have thought it could matter who saw what was written upon it.

In letters it is not correct to use any title or distinction you possess, though ladies writing to strangers—or in any case where it is advisable to supply the information as to whether they be married or single—may write (Mrs.) or (Miss), placing the distinguishing word within brackets before the signature.

LETTUCES, to grow.

There are two kinds of lettuce in favour—cos (tall) and cabbage. The latter is easier to grow, as it does not need tying. Sow seed of both kinds for the main crop early in March. For a steady supply sow at intervals of about a fortnight, raking the seed in lightly. When large enough, transplant during damp weather about a foot apart. For winter use sow cos or Victoria cabbage in a sheltered spot during September or October.

LICE, to recognize and remedy.

Lice are of two kinds, one infests the head, and the other the body.

Head Lice.—Head lice are small parasites that breed in the hair of the scalp. They lay whitish eggs called "nits," which attach themselves to the hair and give it a beaded appearance.

The presence of the parasites causes itching; this leads to scratching. The skin becomes inflamed and festers. The back of the head is the commonest place to be attacked. If the head is examined in a good light the "nits" can be seen glued to the hairs.

In bad cases, especially in children, the hair should be cut off and burnt, the head washed in warm soft soap and water. If this does not remove the crusts, olive oil should be applied at night and the head washed again the following morning, and white precipitate or sulphur ointment rubbed gently into the scalp. Paraffin oil will kill the lice, but many accidents have occurred through the oil catching fire. The "nits" can be removed by soaking the hair in vinegar and water—one part of vinegar to four of water—then washing the head, and afterwards combing out the hair with a fine tooth comb.

Body Lice.—These are bigger than the head lice. They only occur on the parts covered by the clothes. The face, neck, and hands are never attacked. The parts affected may fester and give rise to big sores.

A warm bath should be taken and the body smeared with white precipitate ointment. The lice lay their eggs in the clothes, so the undergarments should be washed in soda water, and the other clothes baked in an oven.

LICORICE, DECOCTION OF, to make.

1½ oz. sliced licorice root
16 fluid oz. water

Boil ten minutes and strain. Dose, a wineglassful taken freely.

LICORICE POWDER.

This is very useful as a mild aperient for children. Dose 1 to 2 drams.

LILIES, to cultivate.

Lilies do best in deep, well-dug soil or in a fibrous loam which is well drained and contains decayed leaf-mould and gritty sand. Plant in October 4 to 5 inches deep, and do not take up oftener than once in three years.

LILY-OF-THE-VALLEY (CONVALLARIA MAJALIS), to cultivate.

The prime necessity for the production of a good bed of lilies-of-the-valley is a well-manured soil, soft and loamy with plenty of sand, while a shaded south aspect, free from draughts, is the satisfactory position. The crowns should be planted in early autumn, singly and 2 or 3 inches apart, and the surface covered with a mulching of well-rotted manure. As soon as the new growth appears a weak solution of liquid manure should be applied occasionally, and for protection from spring frosts a light covering of fern litter is very useful. Of the various strains which are sold that called *Fortin's* may be confidently recommended.

LIMBS, NUMBNESS OF, to relieve.

Rub well into the skin 1 oz. strong liquid ammonia, 6 teaspoonfuls oil of turpentine, 30 drops laudanum.

LIME, to remove from new materials when washing.

Soak article in a strong solution of salt and water for several hours, or overnight, before washing.

LIME WATER, to make.

Take a piece of quicklime as big as a good-sized apple, and sprinkle it with water. Put it in a gallon jar full of water and allow it to remain there for about 12 hours. Decant the clear liquid off, and it is ready for use.

LINEN, a liquid for bleaching.

A solution should be made as follows: Take ¼ lb. chloride of lime in 1 quart soft water. The bottle must be kept closely corked. Dilute the quantity required with an equal part of water. This will bleach dingy linen, and remove all stains.

LINEN, to give a brilliant gloss to.

Grind 2 oz. of gum arabic to a powder and put it into a jug. Pour over it 1½ pints of boiling water, cover the jug, and allow to remain all night. Next morning strain off the liquid, and pour into a clean bottle, cork and keep for use. A tablespoonful of this stirred into a pint of ordinary starch will impart a good gloss.

LINEN, to mark.

The following hints will be found of use in marking linen. Sheets are marked about 1 foot from the hem and in the centre; serviettes and towels in one corner; pillow-cases in one corner on the right side; and table-cloths in one corner, 2 inches above the hem. Nightdresses and chemises should be marked with the initials just below the opening of the neck. In the case of garments with a waistband, mark on the band at the right side. To mark stockings sew on a piece of white tape.

LINEN, to remove mildew from.

Allow the stained article to soak for about half an hour in a weak solution of chloride of lime. Then rinse in a solution of ¼ oz. hyposulphite of soda in 1 quart water. Finally rinse in clear water.

LINEN, to remove scorch marks from.

Cut up 2 onions and extract the juice. Add to this ½ oz. white soap, 2 oz. Fuller's earth, and ½ pint vinegar. Boil the mixture and apply it to the scorched places. Leave it to dry on and then wash the material.

LINEN, to wash.

A little pipeclay dissolved in the water used for washing linen will save both work and soap, as well as improving the colour of the linen.

LINIMENT, BELLADONNA, a useful liniment for neuralgia, rheumatism, etc.

Take 2 dr. extract of belladonna and 1 oz. olive oil and stir thoroughly together.

LINIMENT, BLACK, to make.

Slowly mix 1 dr. sulphuric acid with 1 oz. olive oil. When cool add ½ oz. turpentine. This should be applied twice a day on lints to remedy swelling of the joints.

LINIMENT, CAMPHOR, for rheumatism and neuralgia.

Dissolve ½ oz. camphor in 2 fluid oz. olive oil.

LINIMENT, EMOLLIENT, for chapped hands, lips, etc.

Dissolve together by beating, 1 dr. camphor, ½ dr. peruvian balsam, and 1 fluid oz. oil of almonds. Then add ½ fluid oz.

glycerine. Shake thoroughly and when cold add 15 drops of oil of nutmeg.

LINOLEUM, to lay.

Linoleum should always be seasoned in a warm room for at least 24 hours before it is laid; otherwise it will crack when unrolled. Wash and scrub the floor, and before it is quite dry slowly unroll the linoleum and place in position. The slight dampness renders it more pliable. Tack down smoothly after a few days and no wrinkles will result. *See also* FLOORS, DAMP.

LINOLEUM, to preserve. (No. 1.)

Wash the linoleum thoroughly with warm soapy water and allow to dry; then rub it with a cloth dipped in a paste made of boiling water and flour. Merely rub over with a damp cloth when the linoleum becomes dirty again.

LINOLEUM, to preserve. (No. 2.)

Do not constantly wash new lino. Try rubbing it with beeswax and turpentine once a week. This will give a good polish, and only needs to be rubbed well with a duster daily. The polish will preserve and harden, making linoleum last twice as long.

LINSEED OIL, to refine.

Mix 3 oz. powdered litharge with 1 quart oil. Simmer (stirring frequently) until a film of skin begins to form. Remove the scum and decant the clear portion when it is cold and settled.

LINSEED POULTICE, to prepare and apply.

Take a piece of old linen or flannel or, if the poultice is for a baby, a thin layer of cotton-wool. Pour as much boiling water as required into a basin. Sprinkle the linseed into the water, stirring rapidly all the time with a spoon until it is smooth and firm enough to spread easily. Turn it out on to the linen and spread all over with a knife. The poultice may be put into a flannel bag and should be applied as hot as can be borne, and the cold poultice should not be removed until a new one is ready. To apply the poultice hold it in the left hand with the lower end towards the patient and bring it up into position. An extra piece of flannel may be used next to the skin and slowly removed as the patient becomes used to the heat.

LINSEED TEA, to make.

½ oz. linseed
1 pint water
½ oz. liquorice
½ oz. sugar candy

Wash the linseed, put it into a saucepan with the cold water, simmer for half an hour; add liquorice and sugar candy; strain before using.

LINT, BORACIC. *See* BORACIC LINT.

LINUM (FLAX), to cultivate.

A family which includes several useful plants for the garden, some of them being perennial but better treated as annuals. *L. grandiflorum* is both hardy and showy, and by sowing in autumn as well as spring a succession of bloom may be had throughout the summer; there are two varieties, one with deep scarlet and the other with bright rose flowers. *L. narbonnense* is also very good and gives a copious supply of large light blue flowers, beautifully veined, if the plant is well nourished in a light soil. *L. flavum* is a smaller but hardy plant with flowers of a peculiarly soft hue of yellow.

LIPS, a pomade for

An excellent lip pomentum which retains its red colour and does not become rancid is prepared as follows :

1 oz. paraffin
1 oz. vaseline
10 drops bergamot oil
10 drops lemon oil
5 drops alkannin

Gently warm the paraffin and vaseline and mix the rest of the ingredients carefully together.

LIPS, to remove stains from the.

Rub on a little diluted lemon juice or cold cream to remove fruit or nut stains.

LIVER À LA FRANÇAISE, to cook.

1 lb. calf's or sheep's liver
½ lb. bread-crumbs
½ lb. rashers
3 or 4 mushrooms
stock or water
2 teaspoonfuls ketchup
1 teaspoonful Worcester sauce
¼ teaspoonful herbs
1 teaspoonful chopped parsley
salt and pepper

(Enough for five or six people.)

Well wash the liver and cut it into neat slices, lay these on a greased baking tin; wash, dry and chop the mushrooms, mix them with the crumbs, parsley, and season nicely. Lay a little of this mixture on each slice of liver, cover with a thin slice of bacon, pour round some stock or water, and bake in a moderate oven for three-quarters of an hour. Place the liver on a hot dish, add the sauces to the stock, boil up and pour round the liver; serve very hot.

LIVER, CALF'S, stewed.

½ lb. calf's liver
1 oz. butter or dripping
1 oz. flour
pinch of salt and pepper
2 onions
1 apple
1 potato
½ pt. stock or water

Melt the butter or dripping in a stewpan. Cut the liver in small pieces and dip in the flour, pepper and salt. Fry a nice brown, then remove from pan and brown the remainder of the flour. Add the stock gradually and stir until it boils. Return the liver to the sauce and add the onions, potato and apple cut up small. Simmer gently for one hour, season and serve very hot.

LIVER, SLUGGISH, a remedy for.

Boil 1 oz. of freshly sliced dandelion root in 1 pint of water until reduced to half the quantity, and add ½ oz. compound tincture of horse-radish. Use occasionally.

LOBELIA, to cultivate.

This popular plant may be roughly divided into three classes —the compact or dwarf kind, the free-growing, spreading kind, and the tall perennials. It is the dwarf kind which is chiefly used for "bedding out," being sown in winter under glass and transplanted into boxes for further growth until sufficiently established for sale when the "bedding-out" season arrives, while in the same way the spreading varieties are raised for filling hanging baskets and providing edgings for window-boxes. Various shades of blue as well as white may be had in both these kinds, catalogued under such names as Crystal Palace Compact, Emperor William, *Pumila Grandiflora* and *Magnifica, Prima Donna* (a red variety), *Speciosa Alba, Speciosa Paxtonia,* etc. Fine examples of the tall perennials are found in *L. splendens, L. syphilitica,* and *L. cardinalis,* and they are very valuable for the garden as autumn flowers. But they are only fairly hardy, and except in warm districts they need some protection during the winter, being injuriously affected by moisture in cold weather. For that reason it is generally wise to lift them after flowering and store them in a dry outhouse or frame, though they may sometimes be sufficiently protected by covering the crowns with a mound of ashes. They need a rich, free soil and plenty of water during the summer; in fact *L. cardinalis* (perhaps the least hardy of the three) is naturally a marsh-growing plant.

LOBELIA, DECOCTION OF, to prepare.

Pick the leaves of the blue lobelia, crush them down and add 1 dessertspoonful to 1 pint of boiling water and leave to stand for 48 hours, when the water should be strained off, and kept for use as an eyewash.

LOBSTER, to boil.

Add 1 large handful of salt to boiling water and boil again. Throw in the lobster and boil from a quarter to three-quarters of an hour according to size.

LOBSTER, to test.

To test a lobster, the tail should be tightly pressed against the body; if it does not spring back sharply when pulled out straight with the fingers it should not be used.

LOBSTER AU GRATIN, to prepare.

1 lobster or ½ a tin
2 small shallots
1 oz. butter
1 oz. flour
½ pint milk
1 egg
1 tablespoonful chopped parsley
little anchovy essence.
salt, cayenne

(Enough for four people.)

Chop lobster into small pieces, lightly fry the chopped shallot

in the butter, add the flour and cook, then the milk, simmer for 5 minutes, put in lobster, parsley, anchovy essence, salt and cayenne. Stir till it boils, cool and add the well-beaten egg; grease some scallop shells, fill with the mixture, sprinkle over some bread-crumbs and pour over a little melted butter. Brown in the oven and serve very hot.

LOBSTER CUTLETS, to prepare.

1 lobster or small tin	lemon juice
1 oz. flour	salt and pepper
1 oz. butter	egg and bread-crumbs
1 gill milk	parsley

(Enough for six people.)

Cut open lobster, crack the claws, take out the meat and chop it finely; make a roux with the flour and butter, add the milk in which the shells have been simmered, add the lobster meat, lemon juice, salt and pepper. Put the mixture on a wet plate, divide it into equal portions and allow to cool. Form into cutlet shapes, coat with egg and bread-crumbs; fry a golden brown in hot fat. Place a small piece of claw in each cutlet as a bone; place the head in the centre of the dish on a bed of fried parsley and place the cutlets round. If tinned lobster is used, a croûton of fried bread can take the place of the head, to support the cutlets.

LOBSTER MOULD AND SAUCE, to prepare.

1 fresh lobster or ½ a tin	1 tablespoonful cream
¾ oz. butter	lemon juice
¾ oz. flour	1 white of egg
3 tablespoonfuls milk	salt, cayenne pepper

(Enough for four or five people.)

Make a panada with butter, flour and milk, cook thoroughly, add salt, lemon juice and cayenne. Mince the lobster and add to the panada with cream and whipped white of egg; put the mixture into a well-greased tin or mould and steam for three-quarters of an hour covered with greased paper. Turn out and serve with the following sauce :

4 tablespoonfuls cream	1 gill milk
½ oz. flour	½ teaspoonful lemon juice
1 oz. butter	salt and pepper
yolk of egg	

Cook the flour in the butter, add the milk and boil; mix the cream and the yolk, pour into the saucepan, stir well, cook it but do not allow it to boil. Season and serve.

LOBSTERS AND CRABS, to choose.

The heavy medium sized ones are the best. Fresh shell fish are never sticky or clammy.

LOCKJAW.

This is caused by the entrance into the system through a wound of a microbe which is found in the earth in most parts of the world.

Symptoms.—These generally occur within ten days after the microbe has entered the wound. The muscles of the neck and jaw become stiff and there is difficulty in opening the mouth and chewing food. Next the other muscles of the body gradually stiffen and the spine becomes arched backwards. By this time the jaws are firmly clenched and cannot be opened, the muscles of the chest are affected, and breathing becomes very difficult. Spasms occur more and more frequently as the disease progresses and the patient finally dies of suffocation.

Treatment.—The treatment is entirely surgical and a doctor should be consulted immediately the first symptoms appear. All wounds—especially those which may have been in contact with any soil in any way—should be at once washed well with water and afterwards with an antiseptic.

LOGANBERRY, to grow.

Plant 5 feet apart in October in a deep, rich loam which is moist but well drained. Thin out the clumps in June, cutting away all but about half a dozen young shoots which should be fastened to supports such as trellis work or wire fencing. Cut away old branches after the fruit has been gathered and tie up the new shoots in their place.

LOGANBERRY JAM. *See* JAM, RASPBERRY.

LONDON PRIDE, to cultivate.

A most useful plant for border edgings and making beautiful compact masses in the wild garden when grown in natural clumps. Will grow in almost any soil and needs little attention. It rapidly increases by offset suckers.

LOTIONS.

Lotions are for external application only, and are usually applied by soaking a piece of wool, lint, or linen in them and then placing on the part of the body where required.

The following are recipes for two useful lotions :

Arnica Lotion.—Mix ½ teaspoonful of tincture of arnica with 1 oz. of water. Apply to sprains and bruises.

Vinegar Lotion.—Half gill of vinegar mixed with 1½ gills of water makes a useful lotion with which to sponge the body in the case of invalids. A similar lotion, but made in the proportion of half vinegar and half water may be used for applying to bruises.

Note.—For alternative treatments for sprains and bruises, see under those headings.

LOVE-IN-A-MIST, to cultivate. *See* NIGELLA.

LOVE-LIES-BLEEDING, to cultivate. *See* AMARANTHUS.

LUMBAGO, to relieve.

Wring out a flannel dipped in scalding water, sprinkle it with spirits of turpentine and apply to the affected parts.

LUMBAGO, AND RHEUMATIC PAINS, to alleviate.

Mix 2 tablespoonfuls of oil of turpentine with an ounce of strong liquid ammonia and 40 drops of laudanum. The lotion should be rubbed thoroughly into the skin.

LUNARIA (HONESTY), to cultivate.

A charming old-fashioned plant—a biennial—very useful for the wild garden or for rough banks, where its white or purple blossoms and flat silvery seed-pods may be made very effective; while if the branches bearing these seed-pods be cut at maturity and dried in the sun they form excellent indoor decoration. Seed should be sown in spring or early summer and the seedlings thinned out so as to ensure strong plants for the following year. Its natural soil is chalky ground, but it is perfectly hardy and will thrive almost anywhere.

LUNGS, INFLAMMATION OF THE.

Apply hot fomentations, or linseed meal poultice to the painful part of the chest. In the case of linseed meal poultices being used change every 4 hours. A doctor should, of course, be consulted.

LUPINE (LUPINUS), to cultivate.

As a hardy annual the lupine is a most useful flower, having a large range of colour and being quite easy of culture, while the perennial and tree kinds are valuable for the wild garden, and for rough, sandy banks, as they will thrive in a poor soil. After blooming cut the stems down and mulch.

LYCHNIS (CAMPION), to cultivate.

A family of hardy perennials, one of which—*L. floscuculi*—is the Ragged Robin found abundantly in our hedges and ditches, and of which there are two double varieties in cultivation. *L. chalcedonica* is a good border plant growing from 18 inches to 2 feet high and bearing large dense heads of bright scarlet flowers; there is a white variety, but it is not so good. *L. grandiflora* is a handsome plant (with several varieties) bearing fine clusters of large flowers with fringe-like edgings, and varying in colour through many shades of red to white. All are somewhat susceptible to cold and damp, but do well in a warm situation and on a light soil. They may be raised either from seed or cuttings, and are considered to be improved by occasional transplanting. In addition to the above there are several worth attention, especially *L. Lagascæ,* a charming little plant for the Alpine garden, profuse in flowers of a bright rose-colour. Like most Alpine plants it needs plenty

of sun, and it thrives best in a sandy soil. It is easily raised from seed.

MACARONI CHEESE, to make.

2 oz. macaroni
1½ oz. butter
1 oz. flour
½ pint milk
2 oz. cheese
few bread-crumbs
salt and cayenne

(Enough for three or four people.)

Cook the macaroni in fast-boiling water with some salt for 20 to 30 minutes. Drain it and cut in inch lengths. Make a sauce, using the ounce of butter, flour and the milk, add 1½ ounces of grated cheese, season well; add the macaroni and place in a greased dish; sprinkle over a few bread-crumbs, the remainder of the cheese, and put some small pieces of butter on top. Brown nicely in the oven.

MACARONI CUTLETS, to make.

2 oz. macaroni
1 oz. cooked ham
2 oz. grated cheese
1 oz. butter
1 oz. flour
¼ pint milk
salt and cayenne
egg and bread-crumbs

(Enough to make six small cutlets.)

Cook the macaroni in salted water till tender, drain and cut in short pieces, mix with the chopped ham; make a panada with the butter, flour and milk, add the macaroni and ham and grated cheese, season well with salt and cayenne, put on a wet plate, divide into equal portions, and set aside to cool. Form into cutlet shapes, coat well with egg and crumbs, and fry a golden brown in hot fat. Stick a piece of parsley stalk in the end of each cutlet and dish them in a circle on dish with a fancy paper and garnish with fried parsley.

MACARONI PUDDING. *See* PUDDING, MACARONI.

MACARONI, SAVOURY, to cook.

¼ lb. small macaroni
¼ lb. cooked ham or tongue
1 oz. butter
½ pint tomato sauce
brown bread-crumbs
salt and pepper

(Enough for three or four people.)

Boil the macaroni till tender in water with salt, drain and cut into inch lengths; melt the butter in a stewpan, add the ham or tongue cut in shreds, pour in the tomato sauce and put in the macaroni, season well. Put the mixture in a buttered fireproof dish, sprinkle over a few brown bread-crumbs, bake for 10 minutes in a hot oven and serve.

MACAROONS, to prepare.

½ lb. ground almonds
½ lb. castor sugar
whites of 3 eggs
little vanilla essence

Whisk the whites of eggs very stiffly, add the almonds, sugar and a little vanilla essence. Put the mixture into a forcing bag

and force on to rice paper in small rounds. Put a piece of almond on each, sprinkle with sugar. Bake in a cool oven until set.

MACKEREL, to boil.

four mackerels
salt
parsley or fennel sauce
(Enough for six or seven people.)

Open the fish just enough to take out the roe, thoroughly cleanse the fish and the roe and replace it; remove the eyes. Place into salted water just below boiling point, simmer 8 to 10 minutes according to the size, taking care not to break the skin, which will happen if cooked too fast. Dish on a folded serviette, garnish with lemon and parsley and serve with parsley or fennel sauce.

MACKEREL, to souse.

Lay fish in a dish lengthways; season with salt, whole pepper, allspice, and chopped onion. Cover with vinegar and water and bake for about half an hour.

MACKEREL À LA NORMANDE, to prepare.

2 mackerels
2 tablespoonfuls bread-crumbs
1 teaspoonful chopped parsley
½ teaspoonful chopped herbs
½ small onion
salt and pepper
(Enough for four people.)

Thoroughly cleanse the mackerel, split and remove the backbone, also the head and fins; mix the stuffing which should not be moistened, place it on one fish and lay over the other skin side upwards. Sprinkle over a few brown crumbs, dot on some pieces of dripping, bake in a greased tin; serve on a fancy paper with a garnish of cut lemon and parsley.

MACKINTOSHES, to clean.

Dip the garment in cold, soft water. Spread it flat on a table and scrub all over with yellow soap. When all dirt has been removed, dip coat in several waters until suds are removed, but do not wring it. Hang out in the air to dry, but not near a fire.

MADELINES, to make.

2 eggs
their weight in butter
sugar
flour
jam
2 oz. desiccated cocoanut
glacé cherries
carmine colouring
(Enough to fill eight darioles.)

Make mixture as for cup puddings; bake for 20 minutes in a quick oven. Make a tablespoonful of jam hot, add a drop or two of carmine to improve the colour, brush over the cakes and roll them in desiccated cocoanut; place a glacé cherry on the top. If served hot pour round some jam sauce, coloured nicely; if served cold, on a glass dish with a lace paper.

MAGNESIA, as a remedy for acidity of the stomach. *See* POWDERS.

It may be mentioned that magnesia may be kept in either bulk or powder form.

MAGNESIA AND RHUBARB POWDER.

This is used as a mild purgative for adults. *See under* POWDERS.

MAHOGANY, to clean.

The best liquids for cleaning mahogany are hot beer and hot tea. Either liquid will remove all signs of grease and leave the surface ready for polishing. *See also* STAINS, to remove on mahogany.

MAIDS OF HONOUR, to make.

½ pint milk
½ pint warm water
1 egg
juice of half a lemon
2 yolks of eggs
2 tablespoonfuls clotted or whipped cream
grated rind of half a lemon

For the Mixture

1 oz. ground almonds
1½ oz. currants
½ oz. sugar
nutmeg
cinnamon
little brandy
puff pastry

Put the milk, warm water, egg and lemon juice into a lined pan; as the curd forms skim and put it on muslin to drain. Mix all the other ingredients together, then add the curds. Line some patty tins with puff pastry, put in the mixture and bake in a quick oven about 15 to 20 minutes.

MANNA, to take as a laxative.

Manna is a very safe and gentle laxative and may therefore be given to children and delicate people. The dose for children is from 1 to 2 drams, and for adults 1 to 2 oz. mixed with rhubarb and cinnamon water.

MANNERS, or ETIQUETTE, when in a public place or vehicle.

Frequent breaches of good manners are found in noisy laughter, exaggerated gesturing, loud talking, and the vulgar discussion of the speaker's private affairs—or those of other people—in tones which may be heard by everyone travelling in the same bus or train; or in staring at passing pedestrians or fellow-passengers, perhaps drawing attention to some detail of their appearance or some peculiarity by nudging a companion, making whispered or audible remarks, giggling or directing obvious glances at the person who has been unfortunate enough to attract their ill-bred attention.

Amongst those guilty of breaches of etiquette in public we find :

1. Persons of both sexes who walk several abreast along the pavement so that other pedestrians are forced into the

road when passing them, or who carry sticks and umbrellas so carelessly as to annoy other people.

2. Persons of both sexes who hustle unfairly to get on crowded public vehicles or push into them arrogantly while others are alighting.
3. People who will talk during concert, theatre and broadcasting performances, and those who at the cinema persist in reading sub-titles aloud or disclose the unfolding of the plot before it is shown on the screen, and those who use too much perfume, fidget or cough unnecessarily, or smoke in such a careless manner as to cause discomfort to their neighbours.

Whether or no a gentleman should give up his seat to a lady has been for some time a much debated question, one view being that since modern woman claims equality with man in so many ways, she should not expect to receive all the privileges and consideration formerly accorded her sex.

Let us leave it that it is a kindly, chivalrous act on a gentleman's part to vacate his seat, and the lady should accept it as such with a graceful word of thanks.

It is always correct for a gentleman to offer an unknown lady such little courtesies as holding open a door for her to pass through, picking up an umbrella, parcel, bag or anything she may drop, merely saying, "Allow me," and raising his hat, not presuming on the action as a means to acquaintance. A word of thanks from the lady closes the incident, as it would also if he came to her aid by attracting the attention of her chauffeur or hailing a bus or taxi for her in a crowded thoroughfare when her own efforts were in vain.

There should be no need to remark that when walking with a lady the gentleman's place is on the outside, also that in any crowd he should do his best to make a way for her and save her from being jostled. Pressing through a dense crowd where two cannot walk abreast, he takes the lead, she closely following, both out of doors or when entering a public place of entertainment.

Don't be niggardly over simple little words of apology if you know you have inadvertently caused annoyance to any other member of the public. It is not always possible in a crowd to avoid stepping on people's feet or jostling them, but half the sting is taken from a trodden-upon toe if the offender says with evidently sincere regret, "I beg your pardon," or "I am so sorry," and the well-bred victim will accept that apology with a good grace instead of scowling unamiably.

It is not correct to walk arm-in-arm, but a gentleman may thus steer his companion through a crowd or across a busy street.

Always a gentleman should alight first from a vehicle, then offer his hand to the lady, or hand her into a vehicle before himself entering.

A gentleman always raises his hat when greeting or parting from ladies of his acquaintance, or when he is with either a lady or gentleman who offers recognition to another lady, though she be

a stranger to himself, or if he is greeted by a gentleman friend who raises his hat in respect of his own companion, but upon meeting a lady of his acquaintance he should wait for her to offer the first sign of recognition, especially upon a first meeting after being introduced to her, or when they are only slightly acquainted.

MANTELPIECES, MARBLE.

Dissolve 1 oz. of soda in a quarter of a pint of water, and add to it enough whiting to make a paste. Rub this compound well into the article to be cleaned, and when dry wash it off with clean water.

MANURING, general suggestions for.

On light and free working soil it is advisable to apply stable or farmyard manure in the spring in a partially decayed condition, when it can be lightly dug in. On heavy and sticky soils, however, it is best to apply "strawy" manure at the autumn digging. When this is done the action of the weather makes the surface of the soil friable and suitable for seed-sowing in the spring.

"Strawy" manure improves the texture of heavy soils, increases the warmth, and makes them easier to work. It renders all soils more retentive of moisture.

Where stable manure is scarce, green manuring, to some extent, replaces it by providing humus or decayed vegetable matter in the soil. Mustard at the rate of 1 oz. per rod should be sown as soon as the ground is clear, and dug in green before the frost cuts it down. Rye may be sown in September and October and dug in about the end of March. Sow rye at the rate of 1 lb. seed to the square rod and rake in to the depth of an inch.

All decayed vegetable matter except cabbage stalks and potato haulms should be mixed with the manure and dug in. Wood ashes, soot and poultry droppings (the latter mixed with dry soil) are valuable manures. They should be stored in a dry place and applied as a top dressing to green crops in the growing season. Coal ashes should not be used as they have no manurial value and are detrimental to both soil and crops.

General Conclusions.—Vegetables should be arranged in groups, and one crop, or group of crops, should be followed by another making somewhat different demands on the soil, and leaving the soil in best condition for the next crop. This is the fundamental principle in all rotation of crops, which, if carried out intelligently, will keep the soil in a better balanced condition, improve the quantity and quality of the crop, increase the returns from manures applied, and reduce the risks of attack by insect pests and fungoid diseases.

The following table will act as a guide in carrying out a system of rotation, and also in applying artificial manures to particular plots in order to supplement dung:

Group 1.—Crops requiring chiefly phosphates and potash: potatoes, peas and beans.

Group 2.—Crops requiring chiefly nitrogen and phosphates: cabbage, cauliflower, sprouts, broccoli, etc.
Group 3.—Crops requiring nitrogen and potash: beet, carrot, parsnip, radish.
Group 4.—Crops requiring the three, in more equal proportions: onions, leeks, turnips, celery and fruits. (Extract from Leaflets 315 and 320 Ministry of Agriculture and Fisheries.)

MARBLE, to clean.

Shred 1 lb. yellow soap and place in a saucepan with 1 lb. common soda and just sufficient water to cover. Boil till it is all dissolved, then add ¾ lb. powdered whiting and 2 oz. powdered potash. Allow to boil, place in jars, and use like soap when cold. Or—

Rub a piece of lemon and common salt into the marble. Leave it for an hour and then wash with a soap powder. This will remove all stains and impart a good gloss.

MARBLE, to remove smoke stains on.

Make a paste of equal parts of whiting, washing soda, and chalk. Rub it well into the stained places and allow to dry. Afterwards wash over with cold water.

MARBLE, ARTIFICIAL, to make.

Soak some plaster of Paris in a solution of alum. Bake it in an oven and then grind to a powder. When using, mix with water, and to produce the clouds and veins of marble stir in any dry colour you desire. The mixture will become very hard, and may be very highly polished.

MARGUERITE, to cultivate.

The name which is commonly applied to the *Chrysanthemum frutescens,* a half-hardy bushy perennial (with large white flowers and yellow centre) from which an enormous number of varieties have been derived, most of which may be treated as annuals by sowing in spring—under cover for early flowering or in the open for later bloom. Sowings may also be made in the green-house in September for flowering in the spring. Among the annual kind some of the single varieties are very charming, such as that called Morning Star, with flowers of a delicate sulphur-yellow; Purple Queen, with distinctive flowers of dark purple; and Sultan, with flowers which are almost crimson; while for the double-blossomed variety there is none better than the Dunnetti strain.

MARIGOLDS, to cultivate.

Marigolds love a sunny position, are well able to sustain drought, and will thrive in a poor soil. Seed should be sown under glass in March and the seedlings planted out in the usual way.

MARJORAM, to propagate. *See* HERBS.

MARKS, HOT WATER, to remove from a polished table.

Make a thin paste of salad oil and salt. Place this mixture on the stain and allow it to remain an hour or so. Then polish with a soft duster. *See also* FURNITURE, to remove hot plate marks on.

MARKS, WHITEWASH, to remove from furniture, floors, windows, etc.

Rub the marks with a soft cloth slightly damped with paraffin.

MARMALADE, to make.

12 Seville oranges
2 lemons

Cut up the fruit into four parts, remove pips and slice finely. To each pound of pulp add 3 pints of water. Stand for 24 hours; then boil till clear and tender. Stand for a further 24 hours. To each pound of fruit and liquid add 1¼ lb. lump sugar. Boil (stirring constantly) until the syrup jellies.

MARMALADE, LEMON, to make. (No. 1.)

Slice thinly any number of lemons and remove the seeds, but take care to leave in all the white pith as this helps to form the syrup. Add 3 pints of cold water to each pound of sliced fruit and stand for 24 hours. Boil until the chips are tender and then stand it in an earthenware jar until next day. Add 1½ lb. lump sugar to each pound of pulp and boil the whole together until the syrup jellies and the chips are almost transparent.

MARMALADE, LEMON, to make. (No. 2.)

10 lemons, 2½ lb.
sugar, 1¼ lb. to 1 lb. of pulp
water, 3 pints to 1 lb. of fruit
(Cost 1s. 10d. Makes 10 lb.)

Weigh the fruit. Divide the lemons into four and remove the pips. Pare the peel and cut into thin chips. Cut up the pulp; add 3 pints of cold water to each pound of fruit, covering the pips with a little of the water in a separate bowl. Allow to stand 24 hours. Put the fruit and water into a preserving-pan, add the water from the pips, tie these in a muslin bag, add to the rest, and boil all together for an hour. Allow this to stand another 24 hours. Then weigh the pulp, etc., and allow 1½ lb. of sugar to every pound; return to the pan and boil three-quarters of an hour, when the syrup ought to set in a clear jelly. Put in clean jars and cover.

Note.—To cover the marmalade first place a small round of thin paper over the top of the preserve, and then cover with parchment. Write clearly on the cover the date and nature of contents.

The marmalade must be quite cold before covering.

MARMALADE, ORANGE, to make.

Cut the rind of the oranges (Sevilles) into very thin strips, remove the pulp, take out the pips. To every pound of rind and

pulp add 3 pints of cold water and allow to soak for 24 hours. Put it into a preserving pan and boil till tender. Then weigh it and to every pound add three-quarters of a pound of sugar. Boil and skim. To test when done put some on a saucer in a cool place. If it jellies remove it. To one dozen oranges use two lemons, or four if preferred, cut in the same way.

MARMALADE, WHITE QUINCE, to make. (An old recipe.)

Scald the quinces tender; remove the skin and pulp the quinces from the core. With every pound of fruit use a pound and a half of lump sugar and half a pint of water. Place the sugar in the water, boil and scum till there is a thick syrup; then put in the fruit; boil and scum on a quick heat for 15 minutes.

MARRIAGE.

The Trousseau.—The provision of the trousseau is entirely the affair of the bride and her people.

A bridal gown is no longer necessarily all white, gold and silver tissue or brocade being frequently used, or delicate colourings introduced, while the wearing of a veil or a more elaborate style of headdress is also optional.

The bride who is married in her going-away dress wears a hat.

Wedding Presents.—" Bottom-drawer " presents are often given by intimate friends and relations from the time the engagement is an understood thing, but it is after receiving invitations to the wedding that the generality of people send their gifts.

Each gift should bear the sender's name and good wishes, and the cards upon which they are written should be saved in readiness for placing upon the various articles when they are displayed at the wedding reception.

The bride-elect must promptly acknowledge all presents sent to her home, whether sent to herself by her own friends or to herself and her fiancé, or received by her from friends of other members of her family, even though the donors are not personally known to her. She must not relegate this duty to anyone else.

Gifts for the bridegroom from his own friends are sent to his address, but afterwards removed to the bride's home to be shown with hers.

Presents should be sent as soon as possible after an invitation is received, for at the last minute—or while on the honeymoon—it is trying for a girl to be troubled with the acknowledgment of belated congratulations and gifts.

The Home.—Formerly it was an understood rule that the bride contributed all the linen for her new home, but that understanding no longer holds good. Strictly speaking, it is now the rule for the bridegroom to provide the entire home, complete in every detail, but it is often disregarded, bride and bridegroom both contributing their share of the household goods.

Expenses.—Doubt sometimes exists as to who pays the various expenses connected with a wedding.

The bride's parents provide the flowers for the church and

house decorations; the carriage in which she drives to the church (and any which may be provided for guests or bridesmaids) and they bear the whole cost of the reception.

The bridegroom provides his own conveyance to the church, that in which he and his newly-made wife drive from the church to the reception, and the one in which they afterwards leave for the honeymoon.

He buys the wedding-ring, also the bouquets for the bride and her maids. Usually he gives each bridesmaid some little souvenir, such gifts being sent to their respective homes the evening before the wedding.

From his pocket come the fees for the clergyman and any other fees or " tips " connected with the ceremony.

The Bridegroom.—When the bride wears a bridal toilette, the correct dress for the groom is a morning coat, trousers with a pin stripe, grey tie, silk hat, white spats and grey gloves—and a white buttonhole—but in the event of a quiet wedding when the bride is married in her going-away dress or an afternoon frock, a lounge suit and soft hat are quite suitable garb for the bridegroom.

The bridegroom should see beforehand that all matters relating to notification of the marriage ceremony are complete and in order according to the form by which it is to be solemnized, especially in the case of a church wedding, making sure that the vicar or officiating minister and church officers are correctly informed as to the date and hour, for there are on record some embarrassing misunderstandings and dilemmas of this nature.

It is advisable, too, for the groom to arrive early at the church that he may go first to the vestry and give the clerk a note of all the particulars required for entry in the register, thus saving the delay occasioned if such details have to be discussed and submitted after the ceremony.

Amongst the necessary particulars are the bride's names in full, whether spinster or widow, and full names, also occupation of her father.

The bridegroom should of course go thoroughly into all the business details of the eventful day with his best man, giving him instructions concerning the arrangements to be made for the departure for the honeymoon and so forth, and also hand him a sufficient sum of money to cover the fees and tips, which he will pay for him, also train or car fares or anything else which the best man will disburse in his name.

One " best girl " may attend the bride, but of course it is very bad form for any friends and relations to show resentment if a bride is unable to single them out for the honour.

The Chief Bridesmaid.—The chief bridesmaid often helps the bride in various ways before the eventful day, but when that arrives her official duties begin and she should, if circumstances permit, be early with her friend to help her in dressing and in every possible way afterwards.

Later, in the church porch, she, with the other maids, awaits the bride's arrival, and they follow her up the aisle.

During the ceremony her place is behind the bride, on the left, the other bridal attendants grouped behind her, and she holds herself in readiness to take the bride's gloves and bouquet, then later helps her, if necessary, to put her gloves on again, to adjust her veil, or render any other little service before the bridal party again faces the congregation after the visit to the vestry; then upon the bride's return home for the reception she remains watchful for any little attention her friend may need, finally going with her to assist in the change from bridal toilette to going-away frock.

The Bride's Mother.—An approaching wedding makes many demands on the time and attention of the bride's mother. Long before the day she will be busy with the details of the trousseau and her own toilette, attending to correspondence and sending out the invitations, giving a dinner or other parties in celebration of the engagement, entertaining guests who are staying with her for the wedding, arranging for the music and floral decorations, catering for the wedding breakfast or reception—a considerable task if the refreshments are home-made—and setting out the presents in the room where the reception will be held.

Sending out the invitations is a momentous matter if the families have a large number of relations and friends.

The invitation is by card, printed in the following manner:

Mr. and Mrs. Dash
request the pleasure of

.....

company on the occasion of
the marriage of their daughter
Elsa Mary
with
Major John Blank,
at St. Paul's, Knightsbridge,
on Thursday, May 30th,
at 2.30 o'clock,
and afterwards at
200 *Portman Square, W.*
R.S.V.P.

The bride's mother may either hand a number of the cards to the bridegroom's mother, so that she may invite his relations and friends, or a list of them may be given to the bride's mother that she may send these invitations out with her own. It is diplomatic so far as possible to post all invitations at the same time.

The Best Man.—He who accepts the rôle of best man also undertakes a strenuous duty, especially if the bridegroom be an awkwardly shy or temperamental soul, for he must take him right under his wing, so to speak, and be responsible for him, seeing that he does not forget anything.

When practicable, he will be with him on the eventful morning to see he is irreproachably "turned out," to relieve him if need arises of any last-minute worries or the sending of messages, assist

with the final details of packing; above all to make sure he has not mislaid the ring or forgotten any smallest matter connected with the day's arrangements, then see that they start off in good time for the church, where they will stand to the side of the chancel steps and await the coming of the bride.

During the ceremony the best man stands on the right of the bridegroom, a little to the rear, taking care of his hat and gloves, and also having charge of the ring, which he must produce without any fumbling at the right moment, and at the conclusion of the ceremony he goes with the bridal party into the vestry to sign the register, probably escorting the chief bridesmaid who is, by the way, regarded as his special partner during the festivities.

The best man takes all business details off his friend's shoulders, paying the clergyman's fees and giving any necessary tips.

He sees the bridal pair into their carriage or car when they leave the church, also the bride's parents, then drives off with the chief bridesmaid and any of her companions for whom there is room.

At the reception he should be helpful and agreeable to all and sundry, and if toasts are proposed he responds to that of the bridesmaids. He attends the bridegroom during his final preparations for going away, is responsible for the punctual arrival of the car, sees that the luggage is not forgotten and generally does his best to ensure the bridal pair a cheery send-off, without any hitches.

If they have a railway journey he may be asked to accompany them to the station to relieve them of all anxiety concerning the tickets or the labelling and stowing away of luggage and finding comfortable seats for the journey, then he returns to the house and helps to speed the departing guests.

MARRIAGE FORMS.

In the Church of England there are three forms of marriage: by publication of banns; by ordinary licence; by special licence.

Banns must be published prior to the marriage for three consecutive Sundays in the parish church of the parish in which the parties reside. If they live in different parishes, the banns must be published in each. The marriage must take place within three months or the banns have to be read again.

At least a week before the first Sunday on which it is wished that the banns should be read, written notice must be given to the incumbent of the parish, or of each parish, as the case may be. This notice must give the Christian and surnames of both parties, their address in the parish, or respective parishes, their age and condition (bachelor, spinster, and widower or widow).

Marriage by banns can only be solemnized in one of the churches at which the banns have been published and the ceremony must be performed between the hours of 8 a.m. and 3 p.m. The presence of two responsible witnesses is required.

An ordinary licence is an authority granted by a bishop for a marriage to be solemnized without publication of banns. Any vicar—if not himself a surrogate licensed to issue an ordinary

licence—will give information where application should be made. Either prospective bride or groom must in person swear before the surrogate that there is no lawful cause for impediment of the marriage; that one of the contracting parties has for the fifteen days immediately preceding lived in the parish; that—should either of the parties be under age—the consent of parents or guardians has been obtained.

A licence obtained from the Faculty Office or the Vicar-General's office is available in any diocese.

A special—or Archbishop's—licence is an authority granted in special cases by the Archbishop of Canterbury only, and allows the marriage to be solemnized at any time or place.

In a Nonconformist Church.—A certificate of notice to marry—obtained from a superintendent-registrar of marriage—is the civil form which may be used instead of publication of banns or a bishop's licence.

Notice for obtaining the certificate must be given to the superintendent-registrar of the district in which the contracting parties have resided for at least seven days immediately before—or for at least fifteen days when a licence is required. In cases where the parties live in different districts and the marriage is not to be by licence, such notice must be given to the registrar of each district. A certificate of notice takes twenty-one days to obtain and a certificate with licence only one clear day after the notice.

The marriage may take place in any church—not Church of England—within the district of the superintendent-registrar issuing the certificate, in the same manner as after publication of banns, or in any building lawfully certified as a place of religious worship and registered for the solemnization of marriages. The marriage for which the certificate or licence has been obtained may, if wished, take place at the office of the superintendent-registrar before the registrar and two witnesses.

MARRIAGE OF WIDOW.

When a widow marries again she may have a full choral service, and church decorations, but even though she be in point of years a mere girl, she does not wear an all-white gown, a veil, or orange blossoms. A graceful gown of pale grey, mauve or beige is suitable, or a quite young bride may wear white with some colour introduced, but frequently the travelling toilette will be worn for a quiet affair. In any case a hat is worn. If a bouquet is carried it should not be an all-white one.

A widow may be married in church without anyone to give her away, though it is quite correct for a near relation to act in this way for her. She does not have bridesmaids, but may be attended by some friend, not necessarily a spinster, or be accompanied by a small son or daughter.

A widow removes her first wedding-ring before going to the church. Whether she then discards it altogether or not is a matter for individual preference—and some regard for the wishes of the

second husband. Some ladies wear the first ring on the right hand with or without having it set with precious stones.

MARROW. *See* VEGETABLE MARROW.

MARSHMALLOW.

whites of 2 eggs
4 oz. icing sugar

Thoroughly whisk the whites of the eggs for a few minutes, then gradually add the sugar, which should have been previously carefully sifted through a fine sieve. Continue whisking until the mixture is of a fairly firm consistency. This is usually flavoured with vanilla, or other essence before use.

MARVEL OF PERU, to cultivate. *See* MIRABILIS.

MARZIPAN, to make.

½ lb. ground almonds
1 egg
1 lb. icing sugar
1 teaspoonful orange flower water

Rub the sugar through a sieve and add the almonds and orange water. Whip the whites of two fresh eggs to a froth with a pinch of salt and add to the mixture. Beat up with a wooden spoon until thoroughly mixed. Form into fruits as required next day. Other fruits may be made by using cloves, cochineal, angelica, etc.

MASSAGE.

If properly carried out, massage is a valuable curative agent—especially in fractures where the muscles have wasted from disease. The ends of the bone are allowed to just join. The person, instead of being kept in bed, is allowed up and the muscles surrounding the injured part are scientifically massaged. Massage hastens the flow of blood and fluids, stimulates the muscle, skin and nerves, and thus hastens recovery.

A limb should be massaged at the part farthest away from the body and the manipulations extended upwards towards the trunk.

Friction consists of rubbing with the tip of the finger in an upward direction. The wasted muscles are grasped and rolled between the finger and thumb, small portions only being taken up at a time. The part may be stroked with the palm of the hand in an upward direction, each hand being used alternately. The muscles may be tapped with the fingers, or the little finger side of the half-closed hand. The dry hand should be used without any oil, ointment, or other lubricants.

MAYONNAISE DRESSING, to prepare.

2 yolks of eggs
1 gill salad oil
½ teaspoonful mustard
1 tablespoonful vinegar
1 tablespoonful tarragon vinegar
1 tablespoonful cream
salt and cayenne

Place two yolks in a basin, add salt and mustard, stir in the oil drop by drop to prevent curdling. When all the oil is in, stir in

the vinegar in the same way; add the cream last of all. This sauce will keep some time if kept air-tight and in a cool place.

MEAD, to make.

Mix a good pound brown sugar, 1 oz. tartaric acid, and 1 gill treacle with 1 pint boiling water. Add ¼ oz. flavouring extract when cool. Add a little of the syrup to ice water to make a delicious drink.

MEADOW SAFFRON, to cultivate. *See* COLCHICUM.

MEASLES, to treat.

Measles is specially catching before the rash appears, and whilst the rash is out.

Ten or eleven days after infection the child has fever, loses its appetite, is sleepy and out of sorts; sometimes it starts with vomiting and chill, or there may be convulsions. The eyes become inflamed and watery. There is a discharge from the nose and cough with expectoration. The fever goes down a little; on the third or fourth day the rash appears. The fever goes up again whilst it is out, but subsides as the rash goes away. The rash comes out first on the face, forehead, and behind the ears. It consists of raised dark red spots in patches, which run together, and leave parts of the skin unaffected. The face is swollen and blotchy. The rash spreads irregularly to the body and limbs. In about three days it is at its height. It then commences to fade, leaving the skin mottled and brown, and later on the skin looks as if it had been dusted with fine bran.

The patient should be put to bed in a warm, ventilated room, and whilst the eyes are watering the blinds should be drawn down, and the bed should be placed so that the light from the window does not fall on the face. The cough is the most troublesome symptom, and causes the most deaths, if it turns into severe bronchitis. Two or three drops of ipecacuanha wine every four hours will relieve this. The diet should consist principally of milk whilst the fever lasts. The milk may be thickened with cornflour or arrowroot.

If the fever is high and the child restless the body may be sponged with tepid water. The eyes should be wiped with a weak solution of boric acid. Bad cough and difficulty in breathing are bad signs and require special treatment. Discharge from the ear is best treated by gentle syringing with tepid Condy's fluid. The child may be allowed up three days after the fever has gone, but should not mix with other children for three weeks.

MEASLES, GERMAN, treatment of.

The rash appears on the first or second day instead of on the fourth as in the case of ordinary measles. The rash commences round the mouth, there may be slight sore throat, cold in the head, and fever. Later the rash on the face resembles that of measles, but the body rash is like scarletina (scarlet fever). It is therefore

likely to give anxiety until the doctor has given his opinion. Isolate the patient and send for the doctor. *See* RASHES, to recognize diseases by.

MEASURES.

Readers referring to recipes in this volume should use the following table of simple equivalents.

TABLE OF APPROXIMATE EQUIVALENTS

60 drops *or*	1 teaspoonful	=1 dram (⅓ fluid oz.)
	1 dessertspoonful	=2 drams (¼ fluid oz.)
	1 tablespoonful	=4 drams (½ fluid oz.)
	1 wineglassful	=2 fluid oz.
	1 teacupful	=4 fluid oz.
	1 tumblerful	=8 fluid oz.

APOTHECARIES' WEIGHT TABLES

20 grains	=1 scruple
3 scruples	=1 dram
8 drams	=1 oz.
12 oz.	=1 lb.

FLUID MEASURE

60 minims (drops)	=1 dram
8 drams	=1 oz.
20 oz.	=1 pint
8 pints	=1 gallon

MEAT, to choose.

Good meat is firm and not flabby; when pressed the mark quickly disappears. There is no disagreeable smell. It should be free from moisture. To test meat put in a skewer close to the bone and if it comes out clean and smells sweet the meat is in good condition.

MEAT, to preserve in hot weather.

Lightly cover the meat with bran and hang in an airy place with pieces of charcoal suspended near by.

MEAT, BOILED, to make tender

Add a spoonful of vinegar to the water in which meat is boiled. This will help to make the meat tender.

MEAT CAKES, to make.

½ lb. minced meat	salt and pepper
½ lb. cooked potatoes	egg and bread-crumbs
little stock	parsley

(Enough to make twelve cakes.)

Mash the potatoes smoothly, add the minced meat and a little stock, mix well, season with salt and pepper, form into small flat cakes of even size, coat with egg and bread-crumbs, fry a golden brown in hot fat, drain on paper, dish in a circle on a hot dish with a fancy paper, and garnish with fried parsley. Serve with a good gravy.

MEAT JELLY, to prepare.

1 lb. shin beef	1½ pints water
1 lb. veal	1 oz. gelatine
vegetables to flavour	salt and pepper

Shred the meat and remove all skin and fat, soak it in the water with a pinch of salt for an hour. Put it in a white-lined pan with vegetables and herbs to flavour, simmer very gently, removing the scum as it rises. When reduced to 1 pint add the gelatine. When dissolved season well, remove fat if any, pour into a wet mould, and allow to set.

MEAT, POTTED, to prepare.

1½ lb. beef	2 cloves
½ lb. ham	blade of mace
2 oz. butter	salt and cayenne
pinch of cinnamon	½ pint stock

Cut up the beef and ham, removing all the skin, gristle and fat, put into a stewpan with the spices, cover with stock and stew very slowly till tender. Pass the meat through a mincing machine twice, put it into a mortar, add the butter and season well and pound until smooth. Put into potted-meat jars and cover with clarified butter or mutton fat.

MEAT, PUTRID, to detect.

Bad meat looks flabby and moist, and gives off a sickly odour. In cases where there is doubt about its freshness, a knife should be plunged into it and then smelt, or a few bits chopped off and put in warm water; any bad smell can be at once detected by these methods.

MEAT RISSOLES. *See* RISSOLES.

MEAT, TOUGH, to make tender.

Soak tough meat for a few minutes in vinegar and water.

MEDICINE, hints regarding the giving of.

Read the label on the bottle. Shake the contents before pouring out. Measure the medicine in a marked glass. Medicines ordered three times a day should be given at 10 a.m., 2 p.m., and 6 p.m.; those to be given four times a day, at 8 a.m., at 12 noon, at 4 p.m., and 8 p.m. Take quinine before, and iron after food.

MEDICINE CHEST.

A well-equipped medicine chest should contain the following: Boracic lint, medicated cotton-wool, bandages of various sizes, needle and cotton, antiseptic gauze, piece of oiled silk, adhesive tape or plaster in two sizes, medicine glass and measure, eye bath, glass syringe, clinical thermometer, 1 pair of scissors, 1 pair of forceps or tweezers, 1 bottle of iodine, a small supply of the most usual aperients, small quantity of ipecacuanha wine, sal volatile, sulphur,

zinc and boracic ointments, any medicines which have been specially ordered by a doctor.

If any poisons are included in the contents of a medicine chest, these should be kept in a separate compartment, if at all possible, and clearly marked to warn anyone going to the chest of the fact that they are poisons. The chest should be kept locked when not in use, and the key should be hung either on the side of the chest itself, or on the wall quite near it.

MEDICINES, etc., the uses of the most common.

ALUM.—Piles, cuts, etc.

ACONITE OINTMENT.—Neuralgia.

ARNICA.—Bruises, sprains, rheumatism, etc.

BICARBONATE OF SODA.—Acidity, burns and scalds, flatulence, indigestion, palpitation of the heart, etc.

BORACIC ACID POWDER.—An antiseptic; for dusting wounds and for fomentations.

BRANDY.—A stimulant for faintness, etc.

CALOMEL.—An aperient.

CAMPHORATED OIL.—For external applications in chest colds, rheumatism of joints, sprains, etc.

CARBOLIC ACID.—A strong disinfectant.

CARRON OIL.—Burns and scalds.

CASCARA.—An aperient.

CASTOR OIL.—An aperient.

CAMOMILE, INFUSION OF.—Tonic and stomachic. Emetic if taken warm.

EPSOM SALTS.—An aperient.

EUCALYPTUS OIL.—Colds and catarrh.

FRIAR'S BALSAM.—Colds, cuts, laryngitis, etc.

GLYCERINE.—Chapped hands, colds, coughs, sore throat, etc.

IODINE.—Antiseptic and for bruises, sprains, etc.

IPECACUANHA WINE.—A safe emetic.

MAGNESIA.—For acidity, constipation, etc.

MENTHOL.—For headaches.

MEDICINES—*continued*

OIL OF CLOVES.—For toothache or neuralgia.

OLIVE OIL.—For constipation.

PEPPERMINT.—For flatulence, colic, griping, etc.

QUININE.—For colds, fever, influenza, etc., and an excellent tonic.

QUININE, AMMONIATED TINCTURE OF.—For colds.

SAL VOLATILE.—A stimulant.

SEIDLITZ POWDER.—An aperient and for biliousness, etc.

SWEET OIL.—A safe antidote in cases of poisoning where cause is unknown.

VASELINE.—For poultices, skin ailments, sores, etc.

VINEGAR.—For bruises, feverishness, etc.

WHITE OILS.—For sprains.

ZINC OINTMENT.—For skin complaints, sores, etc.

MENINGITIS.

The coverings of the brain become inflamed. It is most common in children and may follow measles or whooping cough. Children who are suffering from consumption, hip-joint disease, or glands in the neck, are specially liable to it. It is also sometimes caused by children paddling in the hot sun without hats.

Symptoms.—The child is out of sorts, restless and irritable, loses its appetite and is very constipated. He gets thin and ill-looking, complains of headache, vomits, or may have a convulsion : the headache becomes worse and the child puts its hand to its head and cries out in pain. There is slight fever. The child curls itself up in bed, is annoyed if it is disturbed and shuts its eyes to keep out the light. There may be a squint : the child is drowsy, and the head is drawn backwards. The abdomen is hollowed out like a boat : food is taken badly and the bowels are constipated. In bad cases the limbs are paralysed and rigid, convulsions occur and the child becomes unconscious. Consumptive meningitis is nearly always fatal.

Treatment.—The room should be darkened and kept very quiet. An ice-bag should be applied to the head and the back of the neck blistered. At the commencement of the illness a good dose of castor oil will relieve the bowels, but later on nothing given by way of the mouth has much effect. The diet should consist of milk and beef tea. The disease is very serious and skilled advice should be obtained.

MENSTRUATION, EXCESSIVE, to remedy.

Rest in a recumbent position during the attack and take 5 grains of ergot of rye in a powder every four hours. In the intervals between the attacks take a tablespoonful of Griffith's mixture three times daily.

MENSTRUATION, PAINFUL, to remedy.

Take precaution against cold and mental excitement during the period of the attack, and take a pill of ½ grain powdered opium and 2 grains camphor every four hours until the pain subsides.

MENSTRUATION, SCANTY, to remedy.

A simple remedy is pennyroyal tea. Plenty of exercise should be taken in the open air and hot rooms avoided. Do not sleep too much. Just before the expected period place the feet in warm water and take 2 cochiœ pills.

MERINGUES, to make.

4 whites of eggs	cream
8 oz. castor sugar	flavouring

Cut some strips of stiff white paper, rub them well with white wax, place them on a baking sheet. Whip the whites of eggs very stiffly, then stir in the sugar as lightly as possible; put the mixture in a forcing bag with a plain tube, force on to the prepared paper in egg shapes. Sift with icing sugar, bake in a slow oven till crisp; remove from the paper, scoop out carefully the soft part, place them the hollow side upwards and put back in the oven to dry. Fill with whipped and flavoured cream, joining two together.

METAL POLISH.

Steel, brass, and aluminium can be cleaned with the ashes from a burnt log. *See also* POLISH.

MICE AND RATS, prevention and extermination of.

The appearance of rats in a house is usually a sign of bad drainage, and this should receive immediate attention.

Ordinary poisons should not be placed in the holes because if the rats or mice die there, the result will be both unhealthy and unpleasant. Saturate some pieces of rag in pure carbolic acid and push them into the holes. The acid both kills the vermin by consuming the flesh and obviates the odours arising from decomposition. As a rule the presence of a cat in the house will be sufficient to prevent mice.

MICE AND RAT HOLES, to stop.

Break some glass into small pieces, mix with plaster of Paris, and place it quickly in the holes. It must be used directly it is mixed into a paste, as it sets very quickly.

Hard soap may also be used for the same purpose.

MICE, WHITE, to feed.

These animals may be fed upon nuts, wheat, oats, beans, peas and bread soaked in milk.

MICHAELMAS DAISY, to cultivate.

Under this name is commonly known the perennial aster or starwort, a hardy, bush-like plant which may well find a place in our gardens not only because of the beauty of form and colour which the many varieties display, but also because of their blooming so late in the autumn. The best effect of the plants is often lost through the mistake of tying them up in bundles against a stake, instead of allowing them to grow in masses and support each other. All varieties may be raised from seed by sowing in pots or pans in autumn; the seedlings should be ready for planting out in the spring and flower the following autumn.

MIGNONETTE, to cultivate.

The delightful fragrance of this plant ensures its welcome. Of the various varieties, *Machet*, with its bold spikes of reddish-brown flowers, is a general favourite, especially as a pot-plant. For winter flowering indoors the seed should be sown about August in a compost of sandy loam and leaf-manure, taking care to sow thinly.

MILDEW, to remove.

Rub the spots with soft soap mixed with powdered chalk. Lay in the sun to dry.

MILDEW, to remove from plants.

Syringe either with a solution of 1 oz. nitre in 1 gallon water or with a mixture of sulphur and soap suds.

MILK, precautions in using.

Boiling renders milk easier to digest, and kills the poisons of the various diseases that may have gained access to it. Milk should always be scalded; and if there is the slightest doubt with regard to its purity, it should be gently boiled for half an hour.

MILK, to prevent from boiling over.

The edge of the saucepan should be rubbed with butter.

MILK, to prevent souring.

A little scraped horse-radish placed into milk will keep it sweet for several days.

MILK, to test.

Place a bright steel knitting needle into the milk. If, on removal, the milk adheres and drips off slowly it is pure; but if it runs off leaving the needle bright, it is adulterated.

MILK, BAKED, to prepare.

Put the milk in a jar and cover the opening with white paper.

Bake in a moderate oven until the consistency of cream. Is a suitable food for the most delicate stomach.

MILK LEMONADE, to make.

Pour ½ pint boiling water over 1 tablespoonful of sugar, then add ½ gill each of sherry and lemon juice. Stir well until the sugar dissolves, adding ¾ pint cold milk. Again stir until the milk curdles. Strain through a cloth or jelly bag.

MILK, SOUR, to sweeten.

Add a little carbonate of magnesia to milk or cream that has become slightly sour.

MIMOSA (ACACIA), to cultivate.

Strike cuttings of half matured wood with a " heel " in a hot-bed in July or August or sow the seed when ripe. Put into pots in sandy loam and leaf-mould in summer after blooming. The plants should be placed out of doors in a sheltered position in summer and taken in again in September. After flowering, cut back the straggling shoots.

MINCE, to prepare.

1 lb. cold meat
1 oz. butter or dripping
1 oz. flour
1 shallot
¾ pint stock
parsley
salt and pepper

(Enough for five or six people.)

Pass the meat through a mincing machine or chop it finely, make a sauce with the butter, flour and stock, adding the finely-chopped shallot or onion, boil it well, add the meat and seasoning; serve on a hot dish with a border of mashed potatoes, or sippets of toast or poached eggs, garnish with parsley.

MINCEMEAT, to make.

1 lb. raisins
1 lb. currants
1 lb. sultanas
1 lb. apples
½ lb. candied peel
½ lb. suet
pinch of salt
½ lb. Demerara sugar
1 teaspoonful cinnamon
¼ of a nutmeg
rind and juice of 2 lemons
2 tablespoonfuls orange marmalade
¼ pint rum

Stone the raisins, chop the suet, peel and core the apples, wash the currants, chop all finely except the currants. These should be added last with the spices, salt, marmalade and rum. Mix well together, put into jars, tie down and store in a dry place.

Note.—This quantity will make about 6 lb. mincemeat.

Brandy may be used instead of rum if preferred.

MINCE PIES, to make.

mincemeat
flaky or puff pastry

Roll the pastry out to about a quarter of an inch in thickness, cut into rounds, line some patty tins with some of the rounds, brush

round the edges with water, put in some mincemeat, place on a cover, press the edges together, work them up with a knife, brush with white of egg, sprinkle with castor sugar, and bake in a quick oven for about 20 minutes. Serve hot or cold.

MINT, to propagate. *See* HERBS.

MINT SAUCE. *See* SAUCE, MINT.

MIRABILIS (MARVEL OF PERU), to cultivate

A half-hardy tuberous perennial which may be treated as a half-hardy annual and raised from seed by sowing early in the year in heat, pricking off the seedlings to harden in a cold frame and planting out in June into a warm soil where they can get plenty of sun. *M. jalapa* is the variety usually grown, a handsome plant some 2 or 3 feet high and developing into a dense bush covered with flowers varying in colour from white to yellow, red and purple in many shades. *M. multiflora* is a smaller plant with fine clusters of bright reddish-purple flowers, while *M. longiflora* is remarkable (as its name indicates) for its long tubular flowers, which are enriched with centres of brilliant red.

MIRRORS, to remove stains on.

Make a paste of fine whiting and methylated spirits. Rub this over the mirror and allow to dry on. Then rub it off and polish as usual.

MOCK GAME, to prepare.

1 lb. beef steak
2 or 3 rashers
1 oz. butter
1 oz. flour
½ pint stock
salt and pepper
1 wineglassful vinegar
1 onion
1 teaspoonful red currant jelly
1 teaspoonful capers
½ teaspoonful lemon rind

Cut the meat into thin squares, lay a piece of bacon on each, roll up and secure with thread or a match, dip in seasoned flour, fry in the butter; take out the meat, brown the remainder of the flour, add the stock, stirring till it boils; put in meat, chopped onion, capers, lemon rind, and stew till tender; arrange the meat on a hot dish, add the jelly to the gravy, season it, strain it over the meat, and garnish with sippets of fried bread.

MOCK TURTLE SOUP. *See* SOUP, MOCK TURTLE.

MOLES, a remedy for.

Hydrogen peroxide is a very effective remedy for moles. Soak a piece of cotton-wool with the above and apply to the mole for about 5 minutes. This should be done twice a day—morning and evening. The irritation of the skin produced by this treatment may be soothed by afterwards rubbing a little lanoline on the spot.

MONARDA DIDYMA (BEE BALM), to cultivate.

A hardy perennial thriving in any soil and well suited for the wild garden. *M. didyma* (known as Oswego Tea) is a fine variety bearing whorls of deep red flowers which last a long time and attaining a height of nearly 3 feet; while *M. kalmiana* is a still larger and more showy plant with flowers of brilliant crimson. In both cases the best effect is obtained by massing the plants together in bold groups.

MORTAR, FIREPROOF, to make.

Mix 2 parts of best lime and 1 part of smith's black dust with the necessary amount of water.

MOSQUITO BITES, to prevent. *See* STINGS AND BITES, INSECT.

MOTHS, to keep from clothes.

A piece of linen damped with turpentine and put into the wardrobe or drawers for a day two or three times a year acts as a preventative against moth.

MOTORING ETIQUETTE.

In towns and cities the traffic is under such close police supervision that any infringement of regulations quickly meets its reward, but it is on the open road that we depend largely for safe and comfortable travelling upon the regard shown by other drivers for the etiquette of motoring.

Many are the complaints made about want of courtesy or compliance with rules on the part of drivers of both sexes, some of the chief offenders and grievances being :

1. Cars of all sizes and descriptions which tear along peaceful country roads, through villages and round winding lanes, without slowing down, caring nothing about scaring pedestrians or smothering them with dust and mud, and the danger to children and live stock.
2. Drivers who fail to slow down when turning out of a side road into a main thoroughfare.
3. Cars which race past others emitting clouds of " exhaust," with its accompanying unpleasant odour; those which try to race everything else on the road, no matter if it means taking and causing risks to life and limb or damage to other cars as they cut through, in defiance of all rules.
4. A lack of courtesy in making way when two cars meet in a narrow lane, so that one is forced into a ditch or half-way up a bank, or when a slow-travelling car in a long, narrow lane will not even try to draw sufficiently in to one side to allow the passing of another. Or it may be a passing motorist who stamps himself a " hog " by drawing in so much to the left that a slower car is practically squeezed off the road.

5. The arrogant motorist who races along poorly-lit or unlighted roads at night with glaring head-lights of tremendous power, which he does not attempt to " dim " when approaching other cars, the drivers of which are nearly blinded by the sudden brilliance just ahead.
6. Motorists who are careless over giving the requisite signals to any cars behind when they are about to draw up or turn aside, and those who use abominably noisy hooters and sirens indiscriminately, arrogantly, or for the cruel sport of scaring people unnecessarily.

When using an hotel or public garage, respect the rights of other car-owners instead of adopting the often met with practice of shoving other cars into less convenient positions for your own advantage. Always try to place your car so as least to impede the easy withdrawal of others. This same rule of course applies to parking cars in the open, whether in town or at race or other sports meetings and public gatherings.

To attempt to show off skill as a driver by taking risks and indulging in spectacular exploits is exceedingly ill-bred on any public land or highway.

Passengers in a car should not talk to the driver or in any way distract his attention when he is negotiating traffic or driving under any circumstances which present difficulty.

A lady driver should see guests of her own sex into their places before entering her car, unless she is driving a two-seater, or any one so built, that it is necessary for her to take her own seat first.

A lady driver may remain in her seat until her guests have alighted, unless any should need assistance, when there is no gentle man present to give it, but a gentleman driver alights first when practicable and hands out his passengers.

MOULD HONEYCOMB, to make.

3 eggs
1 pint milk
½ oz. gelatine
2 oz. castor sugar
lemon or vanilla flavouring

(Enough for five or six people.)

Dissolve the gelatine in the milk, beat the yolks of eggs, pour over the hot milk, return to the saucepan and stir till it thickens; add the sugar and flavouring, whip the whites stiffly, stir them lightly to the mixture, pour into a wet mould and leave till set.

MOURNING, wearing of. *See* BEREAVEMENTS.

MOUTH WASH, to make.

Dissolve 60 gr. thymol in 3 oz. spirit rectified. Mix 10 or 12 drops in a tumbler of water and use as a mouth wash.

MUFFINS.

1 lb. flour
2 oz. margarine or butter
1 dessertspoonful sugar
1 pint milk
pinch of salt
1 oz. compressed yeast
1 egg

Sift flour and add salt. Melt the margarine or butter in a pan

and then add the milk, making it lukewarm. Beat the yeast and sugar to a cream, then add well-beaten egg and the lukewarm milk and butter. Pour this mixture gradually into the flour and beat well for about 10 minutes. Cover the basin and put in a warm place for about 1½ hours, by which time the mixture should have well risen. Grease some muffin rings and about half fill them with the mixture. Place on a hot greased griddle and cook for about 5 or 6 minutes, when the muffins should be nicely browned on one side. Remove the rings, turn muffins over and brown the other side. To serve, split open, butter and serve while hot on a hot dish.

MUMPS, symptoms and treatment of.

Mumps is a highly contagious disease, in which the gland situated below the ear is enlarged and inflamed. It occurs mostly in children, who catch it one from the other.

Two or three weeks after infection the child complains of being ill, or the first sign may be pain and swelling under the ear; the jaw is stiff, and there is pain and difficulty in eating; the tonsils and throat may also be inflamed. In about two days the other side becomes affected. The complaint lasts from four to six days, and then commences to get better and, as a rule, eight days from the first symptom the child is all right again.

The patient should be in a room by himself, and, if necessary, in bed. The bowels should be opened, and hot fomentations applied to the painful parts. The mouth should be washed out with weak Condy's fluid. The diet should be fluid. The patient is infectious for three weeks from the onset.

MUSCULAR RHEUMATISM. *See* RHEUMATISM, MUSCULAR.

MUSHROOM BEDS, to make.

Make the bed out of doors from April to July. It should be a firm ridge, about 4 feet high by 6 feet wide, composed of dung and loamy soil, and should be drained by a trench dug all round it. The spawn should be put into shallow holes when the bed has attained a temperature of 80°; it should be covered with soil and then further covered with straw kept in place by mats. It will take about eight weeks to produce the crop, and the temperature of the bed should continue at not less than 60° during that time. Moisture is important, but when watering be careful that the temperature of the water is a little above that of the bed.

MUSHROOMS, to dry.

After wiping with a dry cloth remove the skin and the brown part and place in a moderate oven on paper to dry. Then put them in paper bags and hang in a dry place until required for use.

MUSHROOMS, to stew.

½ lb. mushrooms
1 oz. butter
chopped parsley
1 gill brown sauce
salt and pepper

Peel and well wash the mushrooms, remove the stalks, melt the butter in a stewpan, put in the mushrooms and fry for a few minutes; add the brown sauce and simmer gently for 15 to 20 minutes till tender, season with salt and pepper, and serve sprinkled with chopped parsley.

MUSHROOMS, to test.

To distinguish these from poisonous fungi sprinkle a little salt on the spongy part, or gills; if they turn yellow they are poisonous, if black wholesome.

MUSSELS, to test.

Boil with the fish a silver fork or spoon. If the silver retains its brightness they are wholesome, but they are poisonous if the silver emerges black or of a dark colour.

MUSTARD, as an emetic. *See* EMETICS.

MUSTARD AND CRESS, to grow.

Sow the seed thickly and cover lightly with soil in March or April in a sunny spot. The cress should be sown a few days earlier than the mustard. Sow for succession at intervals of a fortnight until September in the open, and for winter use from October to March in boxes under glass.

MUSTARD BATH, to prepare.

A mustard bath is a good stimulant, especially for children who are in a state of collapse. Add 2 tablespoonfuls of mustard, previously mixed in a cup with water, to a gallon of hot water. The hand of the attendant should always try the water before a child is put into the bath. If a thermometer is used, the temperature should be 100° Fahrenheit.

MUSTARD, FRENCH, to make.

Take 1 oz. best powdered mustard, 1 saltspoonful salt, a few tarragon leaves and 1 clove of garlic minced fine. Place on a plate, add ½ gill vinegar, and dilute to proper consistency. Mix with a wooden spoon and leave for a day.

MUSTARD, GERMAN, to make.

Mix with vinegar 2 tablespoonfuls of mustard, 1 tablespoonful of salt, 1 tablespoonful castor sugar, a pinch of cayenne pepper, the juice of a small onion and 1 tablespoonful of melted butter.

MUSTARD PLASTER, to make.

Equal parts of flour and mustard spread on adhesive material or brown paper. A layer of gauze should be spread between the plaster and the skin.

MUSTARD POULTICE. *See* POULTICE, MUSTARD.

MUTTON, to choose.

The flesh of mutton should be fine grained and firm, paler in colour than beef; the fat white and firm. Mutton is finest when it is between four and five years old; but it is seldom met with. Sheep are generally killed when between two and three years old. Mutton should be moderately fat. If very lean it will be poor in flavour and tough.

MUTTON, to keep.

Wash with vinegar every day, and dry thoroughly before hanging. In hot weather rub it with sugar and sprinkle it all over with pepper and ground ginger to keep off the flies.

MUTTON, BOILED, and BROTH, to prepare.

neck of mutton (about 3 lb.)
2 carrots
2 turnips
1 onion
2 oz. barley or rice
chopped parsley
salt and pepper
caper sauce

(Enough for seven or eight people.)

Wipe the meat, trim the joint and take off chine bone and any superfluous fat, tie it up, place in boiling water, allow it to boil for 5 minutes, carefully removing the scum, then allow it to simmer very gently for about 1½ hours. Wash and blanch the pearl barley and add, also the vegetables, which should be prepared and cut into neat pieces. Place the mutton on a hot dish with carrots and turnips round, coat with caper or parsley sauce; add seasoning and chopped parsley to the broth.

MUTTON, BREAST OF, to boil.

Stew in good gravy until tender, bone, score, season with salt and cayenne pepper, and boil. Serve with capers and melted butter or mushroom ketchup.

MUTTON, BREAST OF, to roast and stuff.

1 breast of mutton
4 oz. bread-crumbs
1 oz. fat
3 or 4 onions
1 oz. sage
little milk
salt and pepper

(Enough for three or four people.)

Remove the bones and some of the superfluous fat, parboil the onions and chop them, add to the bread-crumbs, chopped sage, butter or dripping, season and mix with a little milk, lay the stuffing on the breast, roll it up and bind with tape. Bake in the oven and serve with gravy made as for roast joints. Veal stuffing can be used instead of sage and onion stuffing if preferred.

MUTTON BROTH, to prepare.

2 lb. scrag end neck of mutton
1 quart water
1 carrot
1 sprig parsley
1 onion
1 oz. pearl barley
salt and pepper

Remove the meat from the bones, cut it up finely, chop the bones, soak in a basin with the water and a little salt for an hour. Put it into a saucepan with the vegetables and cook very slowly, removing the scum as it rises, blanch the pearl barley and add it. When the meat, bones and flavouring vegetables have been removed, the meat cut in tiny squares and the vegetables in dice may be put in if allowed, season and sprinkle chopped parsley over. Remove fat with kitchen paper if served at once.

MUTTON CUTLETS, to cook.

best end of neck of mutton
egg and bread-crumbs
salt and pepper
mashed potatoes
vegetables for garnish
brown or tomato sauce

(Enough to make six or seven cutlets.)

Saw off the chine bone carefully and the end of the bones, allowing two inches below the eye of the cutlet; divide the cutlets, trim them, keeping the bone clean; dip in salt and pepper, then egg and bread-crumbs. Fry in a sauté pan till a nice brown, turning them occasionally; dish in a circle on a border of mashed potatoes, fill the centre with peas, sprouts or any suitable vegetable; strain a good brown or tomato sauce round.

MUTTON CUTLETS À LA RÉFORME, to prepare.

best end of neck of mutton
1 carrot
2 truffles
2 gherkins
cooked white of egg
2 oz. tongue
mashed potatoes
salt and pepper
réforme sauce

(Enough to make six or seven cutlets.)

Cut and trim the cutlets, dip in a mixture of trimmings of truffles, tongue and gherkins seasoned, then coat with egg and bread-crumbs. Fry a nice brown in a sauté pan, dish on a border of mashed potatoes, make a garnish with shreds of carrot, gherkin, truffles, tongue and white of egg, shake in butter and season; pile it in the centre and pour réforme sauce round the cutlets.

MUTTON CUTLETS À LA SOUBISE, to prepare

best end of neck of mutton
1½ oz. flour
1 oz. butter
¼ pint milk
4 or 5 onions
salt and pepper
egg and bread-crumbs

(Enough to make six or seven cutlets.)

Cut the cutlets from the neck of mutton, trim and shape them neatly; cook the onions till tender in milk, pass them through a sieve; cook butter and flour together, add the milk and the purée

of onions, cook thoroughly and well season; allow it to cool. Fry the cutlets a nice brown in a sauté pan, spread on the mixture, set aside to become firm, coat with egg and bread-crumbs and fry in hot fat. Dish on a border of mashed potato and pour some good gravy round.

MUTTON HARICOT, to prepare.

best end of neck of mutton	1 oz. butter
1 turnip	1 oz. flour
1 carrot	½ pint stock
1 onion	salt and pepper
bouquet garni	

(Enough for four or five people.)

Cut off the chine bone and the end, divide into chops, remove any superfluous fat; fry the cutlets a nice brown in the butter, remove them and brown the flour well, taking care not to let it burn; add the stock and stir till it boils; put in the meat, herbs and vegetable trimmings and simmer gently for two and a half hours. Place the meat on a hot dish, season the gravy and strain it over; garnish with carrot and turnip cut in fancy shapes and cooked separately.

MUTTON, LOIN OF, to stuff.

4 lb. loin of mutton	½ teaspoonful herbs
4 oz. bread-crumbs	little grated lemon peel
2 oz. suet	1 egg
1 teaspoonful chopped parsley	salt and pepper

(Enough for eight or nine people.)

Carefully bone the loin, taking away as little meat as possible; make a seasoning with the bread-crumbs, chopped suet flavouring; season well, bind with egg, place it in the loin where the bone was removed; tie up firmly with tape, roast in the oven, serve as other joints with gravy poured round.

NAIL HOLES, to fill in.

Fill in with a mixture of glue and fine sawdust. Allow this to dry well, when it will take any kind of nail.

To prevent nails from bending when being hammered into hard wood, dip the points into lard or oil.

NAILS, a cleaning wash for the.

Dissolve 60 gr. oxalic acid in 20 oz. rose water. Dip the nails in the solution; wipe and polish with chamois leather and "buffer."

NAILS, a powder polish for the.

Work into powder and mix 4 dr. fine putty powder, 8 gr. carmine and 5 drops rose oil. Apply a little to the nails and polish with a chamois leather.

NAILS, a varnish for the.

After using a nail polish the following mixture greatly enhances

the brilliance: 10 dr. chloroform and 1 dr. paraffin wax. Apply a little of this varnish to the nails and then polish.

NARCISSUS, to cultivate.

These should be treated in the same way as hyacinths, but plant in a well-worked moist loam. Do not force daffodils.

NASTURTIUM, to cultivate.

These may be grown in a light poor soil. Sow the seed thinly about ½ inch deep any time from March to June and thin out from 1 foot to 18 inches apart when large enough. The seeds are very useful for pickling. Cuttings for the double species should be struck in a cold frame in August or September; this variety does not seed.

NASTURTIUMS, to pickle. *See* PICKLES.

NEMOPHILA (CALIFORNIAN BLUEBELL), to cultivate.

One of the hardiest of annuals and of much value for edgings or small beds by reason of its compact growth. Seed may be sown either in August, for spring flowering, or in April, and in the place where the plants are intended to bloom, though they will bear transplanting if it be carefully done. A light soil is desirable, in order that the seed may germinate freely and the plants be restricted from rank growth. *N. insignis* is an excellent species with sky-blue flowers and varieties of white, purple and striped; *N. atomaria* has white flowers touched with blue, and has varieties of sky-blue and black, and white and black; *N. discoidalis* has flowers of dark purple and of dark red, both edged with white; while *N. maculata* has particularly large flowers of both white and mauve.

NERVOUSNESS, to treat.

The best treatment for this disorder is early rising, plenty of exercise (especially out of doors) and cheerful company. Late meals should not be taken and overstudying and excitement should be avoided.

NETTLE RASH, the treatment of.

This is usually caused by eating some kind of food which disagrees with the sufferer, and an emetic should be given if the food has recently been eaten. Then give an opening medicine. Take a warm bath each night in water which contains a large piece of common washing soda. A little boric ointment or powder should be applied if the spots are broken and during the day they should be touched with a solution of 1 teaspoonful of carbonate of soda in ½ pint of boiling water. The diet should be light.

NEURALGIA, a remedy for.

A valuable remedy is aconite ointment. Rub thoroughly and carefully together 3 dr. alcoholic extract of aconite and 2 dr. lard.

NEURASTHENIA.

Causes.—Shock, severe injury, overwork or mental strain.

Symptoms.—Headache, sleeplessness, giddiness, languor, inability to concentrate on any particular thing or to exert the muscles even slightly without fatigue.

Treatment.—Change of air and surroundings, massage and electrical treatment.

NICOTIANA, to cultivate. *See* TOBACCO PLANT.

NIGELLA (LOVE-IN-A-MIST), to cultivate.

A hardy annual which is attractive not only for its flowers but for its peculiar feathery and thorn-like growth, as indicated by its name of love-in-a-mist. The best-known varieties are *N. damascena* and *N. hispanica*, in both of which there are several colours—white, blue and purple. Seed should be sown in March in light soil and in the place where the plants are intended to bloom, as the seedlings often do not bear transplanting.

NIGHTMARE, to prevent.

10 grains carbonate of soda	1 dr. sugar
3 dr. compound tincture of cardamoms	1 oz. peppermint water

Mix, and repeat the dose several nights in succession.

NIGHT SWEATS, to treat.

The patient should be dried and the night garments and the sheets, if necessary, changed. Sponging with lukewarm vinegar and water may diminish the perspiration.

NIPPLES, SORE OR CRACKED.

Causes.—The nipple has not been properly dried after suckling and consequently either becomes sore or cracked.

Treatment.—Well dry the nipple after suckling and apply a little lanoline which should be removed before the baby is again put to the breast. A nipple shield may be worn. If the pain is severe, the breast should not be used and the milk should be drawn off with a breast pump.

NITRE DROPS, to make.

Mix with water 3 oz. nitre, 1 lb. sugar and 10 drops essence of lemon.

NOISES IN THE EAR. *See* EAR, to relieve noises in the.

NOSE, BLEEDING FROM THE, to stop.

Slight bleeding may be beneficial, especially in full-blooded persons, and often gives relief to headache. If severe, cold water should be applied to the nose and nape of neck, and the nose held between the finger and thumb. If this does not arrest it, a handkerchief should be torn into strips and the nose plugged.

NOUGAT, to make.

whites of 2 eggs
¾ lb. icing sugar
vanilla flavouring
5 oz. almonds and pistachio nuts

Blanche the almonds and cut them into thin strips. Beat the whites of eggs and mix with the icing sugar to a firm paste. Add the almonds, pistachio nuts, and the vanilla. Spread about ½ inch thick on wafer paper, put another sheet of wafer paper on top and press between two plates. Leave to dry in a warm place.

NUT CUTLETS.

6 oz. shelled hazel nuts
3 oz. vermicelli
1 teaspoonful tomato sauce
1 teaspoonful Worcester sauce
1 egg
bread-crumbs

Put the nuts and vermicelli through the nut-mill. Use the sauces to mix to a stiff consistency, then roll out until about ¼ inch thick. Shape into cutlets, dip in egg and bread-crumbs and fry in boiling oil.

OAK, to make an oil for graining.

Grind vandyke brown in turps; as much gold size as will set it, and enough soft soap to make it stand the comb. Add a little boiled oil if it sets too rapidly. Put a teaspoonful of gold size, ½ pint turps, and as much soap as will lay on a sixpence. Then mix a little soda with water and remove the veins.

OATMEAL GRUEL, to make.

Mix to a fine paste 1 tablespoonful of oatmeal and 3 or 5 times as much water. Add 1 pint boiling milk with a pinch of salt. Pour into a saucepan and boil gently for about 10 minutes.

OBESITY, treatment for.

Take regular exercise and eat in moderation. Potatoes, pastry, milk puddings, jams, sugar, fat, and bread should be avoided or partaken of sparingly. Beer and sweet wines are harmful.

The diet should consist of lean meat, fish, green vegetables, and a little fruit. Clear soup is preferable to thick, and toast to ordinary baker's bread. Claret or weak whisky may be drunk. A pint of hot water a quarter of an hour before food will, in some cases, considerably reduce the weight.

ODOURS, NOXIOUS, to remove.

To get rid of the odours of tobacco, new paint, etc., place a large bowl of fresh cold water in the room at night. Remove all tobacco ash and cigar ends. In the morning all noxious odours will be removed.

OIL, BURNING, to extinguish.

On no account must water be thrown on burning oil, because it causes the fire to spread. Earth, sand, flour or salt should be used as an extinguisher.

OILCLOTH, to preserve.

Wash with equal parts of skimmed milk and water every month. Every three months rub with a little linseed oil and polish with an old silk cloth.

OIL COOKING STOVES.

To obtain the best results, oil cooking stoves, like all other stoves and ranges, must be kept scrupulously clean.

Fuel.—Use only the best oil.

Wicks.—Do not cut unless absolutely necessary. Generally speaking, all that is necessary is to turn the wicks down after use and rub a piece of paper, or cloth, along the top of each to remove the black portion and so level the wick. If this is not successful in giving a level edge, it will be necessary to trim the wicks with a pair of sharp scissors. When a new wick is required, it should be soaked in vinegar before being inserted.

Burners and Oil Reservoir.—These should be cleaned by wiping first of all with a piece of paper and then with a cloth. The reservoir should occasionally be completely emptied and thoroughly cleaned by washing in warm soapy water, then well rinsed and dried. To keep the stove in perfect working order the burners themselves should also occasionally be removed and placed in hot soda water for about a quarter of an hour, then rinsed and dried carefully.

Oven.—Clean in the same way as in the case of a gas cooker.

Hints Regarding Using.—Before using always make sure that the reservoir is about three-quarters full of oil, and if you wish for the best results never allow the supply of oil to get very low. As in the case of an oil lamp, after lighting the wicks should be turned down for a while and then gradually turned up, but care must be taken to see that they do not smoke. Always heat the oven for about a quarter of an hour before it is required for use.

OIL, ESSENTIAL, to extract.

Put herbs, roots or barks into a bottle and pour a spoonful of ether upon them. Cork well and keep in a cool place for a few hours; then fill the bottle with cold water. The oil will float upon the surface and may easily be skimmed off.

OIL PAINTINGS, to clean.

Rub over the picture with a slice of potato damped in cold water, wipe off with a damp sponge and finish with tepid water. Dry and polish with a piece of silk. Then rub the surface with a flannel moistened with linseed oil.

OINTMENT, LEAD, to make.

Take 3 drs. of finely-powdered sugar of lead and mix it with a little olive oil. Pound thoroughly in a mortar and melt over the fire with ½ pint olive oil and 2 oz. white wax. Remove from fire and stir till cold. This ointment is useful for healing wounds and forming new skin.

OINTMENTS.

For Treating Itch.—See ITCH.

For Burns and Scalds.—Mix chalk and lard in equal proportions and apply on a piece of clean soft linen. For further remedies for burns and scalds *see* BURNS AND SCALDS.

OLEANDERS, to cultivate.

Treat as a green-house shrub. The plant will not bear cutting owing to its great tendency to bleed. A plentiful supply of water should always be given. Propagate by root-suckers, or by slips pulled from the stem and struck in a bottle of water, or in a light soil kept continually wet.

OMELET, CAULIFLOWER, to make.

Take the white part of a boiled cauliflower after it is cold; chop it very small, and mix with it a sufficient quantity of well-beaten egg, to make a very thick batter. Then fry it in fresh butter in a small pan and send it hot to table.

OMELET, CHEESE, to make.

4 eggs
1 oz. butter
1 tablespoonful cream or milk
2 tablespoonfuls cheese
salt and pepper

Beat the eggs in a basin, add the milk or cream, grated cheese (Parmesan or Gruyère) and seasoning; melt the butter in an omelet pan. When quite hot pour in the mixture, stir until it begins to thicken, cook until a golden brown; put the pan in the oven for a minute or so to brown, fold over, turn on to a hot dish, sprinkle with grated cheese and serve immediately.

OMELET, HAM, to make.

3 eggs
1½ oz. cooked ham
1 oz. butter
salt and pepper

Beat the eggs well, add the finely-chopped ham and the seasoning; melt the butter in an omelet pan. When hot pour in the eggs, stir till the mixture begins to set, fold over and serve on a hot dish immediately.

OMELET, KIDNEY, to make.

4 eggs.
1½ oz. butter
1 kidney
1 shallot
1 teaspoonful parsley
salt and pepper

Skin the kidney and chop finely, put ½ oz. of butter into a small saucepan, add the finely-chopped shallot and fry for a few minutes, then add the kidney and cook for 3 or 4 minutes, season well with salt and pepper. Beat the eggs, melt the remainder of the butter in an omelet pan, pour in the eggs and stir till the mixture begins to set. When cooked sufficiently put the kidney in the centre and fold over in the usual way, serve on a hot dish with a little gravy poured round if liked.

OMELET, RUM, to make.

3 eggs
¾ oz. butter
1 teaspoonful sugar
little jam
rum

Make like a sweet omelet, adding a few drops of rum to flavour, dish on a flat dish, pour over a little rum and set fire to it just as it is to be served.

Note.—Good rum is necessary or it will not burn.

OMELET, SAVOURY, to make.

3 eggs
1 teaspoonful parsley
¾ oz. butter
pinch of herbs
garlic or shallot
salt and pepper

Well whisk the eggs, add the chopped parsley, herbs, salt and pepper; rub the omelet pan with a head of garlic or a piece of shallot, melt the butter in the pan. When hot pour in the eggs, stir till the mixture begins to set. When cooked sufficiently (it should be of a creamy consistency inside) fold over into an oval shape and serve immediately.

OMELET, SWEET, to make.

3 eggs
little jam
¾ oz. butter
1 teaspoonful castor sugar

Separate the whites and yolks of eggs, beat the whites to a stiff froth with the teaspoonful of sugar, mix lightly with the well-beaten yolks; melt the butter in an omelet pan, pour in the eggs, stir quickly till the mixture begins to set; put the omelet pan in the oven for a minute or two to brown slightly. Shape the omelet, put the warmed jam in the centre, fold over and turn on to a hot dish and serve immediately.

ONIONS, to boil.

Spanish onions
salt
½ pint white sauce

Skin the onions, put them into boiling water with salt and cook for 2 or 3 hours, according to the size. Drain them, place them in a hot dish and pour the white sauce over and serve. Another method is to put about an ounce of butter in the pan when the water is poured off, allow it to get quite hot, season with salt and pepper and serve in a hot vegetable dish.

ONIONS, to fry quickly.

To fry quickly place in a saucepan with just sufficient water to cover. Bring to boil, and boil for 3 minutes. They soon become golden brown and do not burn.

ONIONS, to grow.

Thoroughly trench and manure the ground and sow in drills at the end of February or the beginning of April. Thin at intervals and weed carefully by hand. For pickling onions sow any time up

to June. For spring salad sow the Lisbon in August. Tripoli and Rocco should also be sown in August, transplanted in the spring, and pulled the following August.

ONIONS, to peel.

Dip in warm water during the process and no smell will be left on the hands. Peeling before a fire prevents the spirit of the onion getting into the eyes.

ONIONS, to remove the smell of after eating.

A cup of black coffee or a little parsley eaten with vinegar will remove the odour from the breath.

ONIONS, to remove smell of when washing up.

The smell of onions, fish, or cabbage can be quickly removed from pans if a little vinegar is added to the washing up water.

ONION SOUP. *See* SOUP, ONION.

ONIONS, to stew.

Peel the onions carefully, cutting off as little of root and top as possible, otherwise they will fall to pieces in cooking, place them in a stewpan, cover with stock and cook for 2 or 3 hours according to size. When tender thicken and brown the liquor, season well, dish the onions and pour the sauce over. The onions can be stewed in butter only if preferred. In this case it would be better to cook them well covered in the oven and very slowly.

ONIONS, to store.

After having dried them in the sun, onions should be hung by the stalks or strung on ropes. Shallots, chives and garlic may be stored in the same way.

ONIONS, to stuff.

4 or 6 onions	brown sauce
minced meat	salt and pepper

Choose large onions, peel very carefully, cut off a slice at the top, scoop out as much as possible from the inside, fill with minced meat well seasoned and mixed with a little sauce. Replace the top, and stew very slowly for as long as possible. Serve with brown sauce. The onions can be parboiled, the inside removed and stuffed in the same way and baked in the oven, basting them well. Serve with brown sauce. Any cold meat, game or poultry will be suitable for the stuffing.

ORANGEADE, to prepare.

Take the juice of 4 oranges and the thin peel of 1 orange, ¼ lb. lump sugar, and mix with 3 pints of boiling water.

ORANGE CRUSH, to make.

Slice the oranges across the centre and remove the core. Pare away from the peel, removing all the white skin. Place the pulp and any juice remaining in skins in a basin. Add sugar and 2 tablespoonfuls of boiling water to each orange. Allow to stand overnight.

ORANGE PEEL, INFUSION OF, to make.

Take 1 oz. dried bitter orange peel, cut up into small parts and pour over it 20 oz. boiling water. Steep for 20 minutes, then strain. Useful as a stomachic and bitter.

ORANGE TODDY, to make.

Squeeze the juice of a large orange into a glass and add 2 tablespoonfuls of sugar. Half fill the glass with boiling water, and stir well.

ORANGE TONIC, to make.

Steep in a pint of boiling water 1 oz. orange peel, 1 oz. camomile flowers, and a few cloves.

ORNITHOGALUM, to propagate. *See* STAR OF BETHLEHEM.

OX KIDNEY, to stew.

½ lb. kidney
1 oz. butter or dripping
1 oz. flour
½ pint stock
1 small onion
1 teaspoonful ketchup
1 teaspoonful Worcester sauce
salt and pepper

(Enough for four people.)

Scald the kidney and cut it in neat slices, melt the butter or dripping and fry the onion, also the kidney; remove and brown the flour carefully, add the stock gradually. Stir till it boils. Replace the onion and kidney, add the flavourings and seasoning. Simmer very gently for 2 hours, the kidney will be hardened if it boils; dish with a border of boiled rice or macaroni or mashed potatoes.

OX-TAIL SOUP. *See* SOUP, OX-TAIL.

OX TONGUE, to boil.

1 ox tongue
1 carrot
1 turnip
1 onion
2 sticks celery
bunch of herbs
brown or piquante sauce

(Enough for eight or nine people.)

Wash the tongue in cold water, if it is pickled let it soak for some hours, put it in a saucepan with tepid water to cover, bring it to the boil, remove the scum, add the prepared vegetables and simmer gently from 3 to 4 hours. When tender remove the skin, brush over with glaze and put it in the oven for a few minutes;

serve with a good brown or piquante sauce. Spinach is a suitable vegetable to serve with the tongue, and can be used to garnish the dish. If the tongue is to be served cold it must be trimmed and fastened on a board in an upright position with skewers. When cold and firm glaze it and decorate with butter put through a forcing bag with a fancy tube, and aspic jelly.

OYSTERS, to choose.

The healthier the fish the more difficult is the shell to open. If the shell opens immediately on touching, the fish is dead and unfit for eating.

OYSTERS, to scallop.

2 doz. oysters
½ pint white sauce
1 oz. butter
bread-crumbs

(Enough for six or seven people.)

Open the oysters, wash them in their own liquor, put them in a white-lined saucepan, strain the liquor over them, slowly heat but do not let them boil, take them out and remove their beards; make the white sauce hot, put in the oysters, strain in the liquor, stand at the side of the fire for a few minutes. Butter some scallop shells, put some of the mixture in each, dividing the oysters equally, sprinkle over the bread-crumbs, put on some small pieces of butter, bake in a moderate oven and serve hot.

OYSTERS AU CITRON, to prepare.

Open the oysters and leave them in their bottom shells. Squeeze some fresh lemon juice and a little soluble cayenne over them.

PÆONY, to cultivate.

This requires a well-manured soil and plenty of water during the summer, and being of slow growth, it does not flower fully until the third year. September and October are the best months for planting. Increase by cuttings detached at their insertion on the stem, by slips of the root, or by layers half cut through behind each bud.

The herbaceous or Chinese pæony, like the tree pæony, needs a rich soil, but while the tree pæony requires abundance of sun, the herbaceous variety is grateful for a little shade. Planting should be done in September, and each plant should have plenty of space. They are easily propagated by root division.

PAINT, to remove from walls.

If you intend papering a painted wall, you must first get off the paint, otherwise the paper will not stick. To do this mix in a bucket with warm water a sufficient quantity of pearl ash, or potash, so as to make a strong solution. Dip a brush into this, and with it scour off all the paint, finishing with cold water and a flannel.

PAINT, to remove the smell of.

Place a bowl or pail of water in the room all day. This will be even more effective if you can place a handful or so of hay in the water.

PAINTERS' COLIC, to relieve.

This is a very dangerous disease and medical advice should be obtained, but in the interval salts should be given and hot salt or bran bags applied to the stomach to relieve the pain. The diet should be light.

PAINT, GOLD, to make.

Mix chrome yellow, white lead and burnt sienna until proper shade is obtained.

PAINT MARKS, ON CLOTHING, to remove.

Mix equal parts of turpentine and ammonia and apply to the marks with a piece of cloth the same colour as the garment. Rub the way of the nap very gently until all stains have disappeared; then sponge the places with warm water and a little white soap.

PAINT, WHITE, to clean.

Onion water is a splendid cleanser for white paint. Boil the onions till all goodness is removed and use the water with or without soap.

PALESTINE SOUP. *See* SOUP, PALESTINE.

PALMS, the care of.

Propagate by division in April, by sucker in September, or by seed. These should be potted in a compost of silver sand and fibrous loam or of grit and fibrous peat during spring or early summer. Take care not to injure the roots. Give plenty of water during winter and summer, and sponge the leaves with warm soft water. In hot weather place in a shady spot and give a little liquid manure (made from cow manure), and soot. If the leaves are inclined to turn yellow place a small piece of sulphate of iron on the top of the soil.

PALPITATION OF THE HEART. *See* HEART, PALPITATION OF THE.

PANADA, or THICK SAUCE, to prepare.

2 oz. flour
2 oz. butter
½ pint liquid

Melt the butter, add the flour, mix smoothly and cook for a few minutes; add the liquid and cook well until the mixture leaves the sides of the saucepan. This mixture is used for binding the ingredients in cutlets, croquettes, rissoles, etc.

PANCAKES, to make.

½ lb. flour
1 pint milk
2 eggs
pinch of salt
1½ oz. lard
1 lemon
castor sugar

(Enough to make ten or twelve pancakes.)

Make a batter with the milk, flour and eggs, beating well before all the milk is added, and allow it to stand for an hour or more if possible. Put the batter into a jug, melt the lard in a saucepan, pour a little into the frying-pan—enough to cover the bottom of the pan. When brown on one side toss and brown the other side. Turn on to a piece of paper sprinkled with sugar, sift with castor sugar and squeeze over some lemon juice, roll up and put on a dish with a fancy paper. Serve very hot.

PANCAKES, SAVOURY.

Make as above, but omit sugar. Place hot mince of either meat, game, or poultry on the pancake and roll up. Other fillings for savoury pancakes or omelets can be made from tomatoes, cooked mushrooms, or onion, or a mixture of these three. Cooked celery and tomatoes will also be found to give an excellent filling for savoury pancakes.

PANSY, HEARTSEASE AND VIOLA, to cultivate.

The pansy may readily be raised from seed, or, if it is desired to perpetuate the particular variety, by cuttings taken early in April and kept under glass in a shady border until well rooted. Transplant in September to bloom early the following year. Take cuttings from the ends of the shoots, slipping them off just below a joint. Propagation is also by root division. Pansies require a light, rich soil, well drained but not too dry.

PAPER, to remove grease spots from.

Put blotting paper over the stain and rub it with a hot iron. Repeat this several times. Apply to both sides of the paper a little oil of turpentine with a soft brush, and afterwards some rectified spirits of wine.

PAPIER MÂCHÉ, to clean.

Sponge the articles with cold water and sprinkle them with flour whilst still damp. Dry with a flannel and finish off with a soft cloth.

PARKIN.

½ lb. fine oatmeal
4 oz. flour
½ lb. golden syrup
2 oz. sugar
4 oz. butter
1 teaspoonful baking powder
½ teaspoonful ground ginger
about 1 gill of milk

Mix dry ingredients, rub in the butter, gradually add the treacle or golden syrup and then sufficient of the milk to make the whole

into a soft dough. Place in a shallow cake tin lined with buttered paper and bake about an hour in a moderate oven.

PARSLEY, to dry.

Pick the parsley in dry weather, spread it on a plate and bake in a moderate oven, turning frequently. Rub between the palms of the hands when dry and pick out all the stalks. Keep in a closely corked bottle in a dry place.

PARSLEY, to grow.

Sow in drills or between short-lived crops at the end of February. For the summer and autumn supply sow broadcast early in May, thinning out gradually. Sow in July for winter use.

PARSLEY SAUCE. *See* SAUCE, PARSLEY.

PARSNIPS, to cook.

Peel the parsnips, cut into quarters, place in boiling water with salt, cook till tender; drain them and dish in a hot vegetable dish with a little butter. Parsnips can be served with boiled meat and salt cod.

PARSNIPS, to grow.

Parsnips require a rich, deeply-dug, sandy soil that has previously been liberally manured. Sow at intervals from February to May; March is the best time for the main crop. Make the drills ¾ inch deep and from 15 to 18 inches apart and sow the seeds thinly, cover lightly, and tread well in. Thin out to about 1 foot apart and lift carefully in October after the frost.

PARSNIPS, to keep.

Dig up the roots with the tops on late in autumn and carefully heel in thickly together in rows. Cover with litter.

PARTRIDGE, to roast.

1 brace of partridges
a little fat bacon
gravy
bread sauce
watercress
fried crumbs
croûtons of toast

(Enough for three or four people.)

Pluck, singe and draw the birds, truss firmly, making them look plump, roast for 30 minutes, basting frequently. A slice of fat bacon can be tied on to the breast to keep them moist; remove it and flour and froth them well a few minutes before dishing. Dish on croûtons of toast, garnish with watercress, serve with bread sauce and fried bread-crumbs. *See* PHEASANT, to roast.

PARTRIDGE PIE. *See* PIE, GAME.

PASQUE FLOWER. *See* ANEMONE.

PASTE, to make a good.

Mix 2 oz. of rye flour in 1 pint of cold water until quite smooth. Add ½ oz. of alum, and boil until quite thick. 15 grains of salicylic acid should be added. This makes a good strong paste which will keep without going mouldy.

PASTE, to make a strong.

Mix good clean flour with cold water into a thick paste well blended together. Then add boiling water, stirring well up until smooth. Add a spoonful or two of brown sugar, a little corrosive sublimate, and about half a dozen drops of oil of lavender.

PASTE, DEVIL, to make.

1 teaspoonful French mustard
1 teaspoonful English-made mustard
2 oz. butter
1 teaspoonful chutney
black pepper
salt

Work all the ingredients into the butter with a knife and rub well into meat before grilling.

PASTE, FOR PAPERHANGING, to make.

Mix 4 lb. of flour with water to as thick a paste as possible. Add a little alum to 2 gallons of boiling water and gradually stir into the paste. Strain for use and thin with cold water. Size the walls with thin glue size. Or—

Mix 1 lb. flour (or more as required) with cold water to the consistency of cream. Heat until the flour cells burst and the paste has become clear. If 3 oz. powdered alum be added the paste will " keep " and will not become lumpy on the paper. A little oil of cloves may also be added to prevent smell.

PASTE, FOR RAZOR-STROPS, to make.

Damp the strop with a little sweet oil and spread a little flour of emery evenly over the surface.

PASTE, FOR SCRAP BOOKS, to make.

Take ½ teaspoonful each of starch and flour, and pour on a little boiling water. Let it stand a minute, add more water, stir and cook it until it is thick enough to starch a shirt front.

PASTIES, CORNISH, to make.

¼ lb. meat
small piece of onion
1 small potato
pepper and salt

For Pastry

½ lb. flour
3 oz. fat
½ teaspoonful baking powder
water to mix
pinch of salt

(Enough to make six pasties)

Put the flour in a basin, rub in the fat, add baking powder and salt, mix to a stiff dough with the water, knead lightly, put on a

board, cut into six pieces, roll into rounds; chop the meat, potato and onion into small pieces, season and put some of the mixture on each piece of pastry; moisten the edges, draw them together, pinch into a frill. Bake in a quick oven for three-quarters of an hour.

PASTRY, to ensure being light.

To ensure pastry being light and digestible it is better to use the yolk of an egg and one tablespoonful of lemon juice instead of baking powder. The yolk of an egg contains mineral matter, which takes the place of the soda in the baking powder, and the lemon juice that of tartaric acid. The pastry can stand for a time without baking, whereas pastry with baking powder must go into the oven as quickly as possible.

PASTRY, BISCUIT CRUST, to make.

½ lb. flour
4½ oz. butter
1 oz. sugar
yolk of 1 egg
pinch of salt
little water

Rub the butter into the flour, add the sugar, mix with the beaten yolk and a little water, knead until smooth, roll out and use.

PASTRY, CHOUX, to make.

6 oz. flour
2 oz. butter
½ pint water
4 eggs

Put the water and butter in a saucepan and bring to the boil, sift the flour and add to the water and butter, cook well until it leaves the sides of the saucepan; allow the mixture to cool slightly, then beat the eggs in one at a time very thoroughly, sweeten and flavour and use as required.

PASTRY, FLAKY CRUST, to make.

½ lb. flour
5 oz. butter or butter and lard
pinch of salt
water to mix

Sift the flour, add the salt, divide the fat into four portions, rub one into the flour, mix to a paste with water, roll out on a floured board to an oblong shape; put one portion of fat on in flakes two-thirds of the way down, fold into three, press the edges together; roll out again, keeping the edges square, flake on another portion of fat and repeat until all the fat is rolled in; roll out to shape required and use.

Note.—This crust can be made some time before it is wanted if kept in a cool place.

PASTRY, GENOESE, to make.

5 eggs
6 oz. sugar
4 oz. flour
3 oz. butter
flavouring
colouring if required

Whisk the eggs and sugar together over hot water for about 20 minutes until thick and creamy, stir the sifted flour in very

lightly and add lastly the butter, which must be melted. Pour the mixture into a flat baking tin lined with buttered paper, and bake in a moderate oven for about half an hour.

Note.—This mixture is suitable for the foundation of all kinds of fancy cakes.

PASTRY, PUFF, to make.

½ lb. flour
½ lb. butter (fresh)
1 teaspoonful lemon juice
pinch of salt
water to mix

Rub 1 oz. of the butter into the flour, make a well in the centre, pour in the lemon juice and water, gradually working the flour into a stiff paste. Press the butter in a clean cloth to squeeze out all the water, knead the pastry until quite smooth, roll out on a floured board to an oblong shape, keeping the corners square; place the butter on in a layer two-thirds of the way down the paste, fold in three, press the edges together, set aside for 20 minutes, roll out to the same shape, fold as before, press the edges; repeat this and set aside again in a cool place for 20 minutes, roll out the pastry again, repeating the process twice more; set aside for the third time for 20 minutes, roll out and use. The pastry has in all seven rolls and is set aside three times. Always after folding remember to keep the rough edges turned the same way each time.

Note.—A marble slab is best to make puff pastry on, and a hot kitchen must be avoided to make it successfully. It can be made two or three days before it is used if kept in a cool place. Less butter can be used to make a cheaper pastry.

PASTRY, RAISED PIE-CRUST, to make.

1 lb. flour
4 oz. lard
1 gill water
pinch of salt

Boil the water and lard together, make a well in the centre of the flour, pour in the liquid, mix to a stiff dough as quickly as possible, and knead until smooth, keeping it warm.

Note.—A yolk of egg may be added to make the crust richer and milk used instead of water.

PASTRY, ROUGH PUFF, to make.

½ lb. flour
6 oz. butter or butter and lard
salt
lemon juice
water to mix

Add the salt to the flour, cut the butter into large pieces and mix with the flour, make a well in the centre, moisten with the lemon juice and water and mix carefully until it is a stiff paste; roll out to an oblong shape, fold in three, roll out again; repeat the process, keeping the rough edges in the same direction till it has been rolled four times and does not look streaky. It is then ready to use for covering meat pies, patties or for sausage rolls, etc.

PASTRY, SHORT CRUST, to make. (No. 1.)

½ lb. flour
½ lb. butter, lard or dripping
pinch of salt
water to mix

Sift the flour, add the salt, rub in the butter or lard finely with the tips of the fingers, mix to a stiff paste with cold water, turn on to a floured board, roll out lightly and it is ready for use.

Note.—The flour for rolling out the pastry should be taken out of quantity weighed for use or the proportions will be altered.

PASTRY, SHORT CRUST (Very Plain), to make. (No. 2.)

½ lb. flour
3½ oz. lard or dripping
pinch of salt
1 teaspoonful baking powder
water to mix

Make as for Short Crust No. 1.

PASTRY, SUET CRUST, to make.

½ lb. flour
4 oz. suet
pinch of salt
½ teaspoonful baking powder
water to mix

Chop the suet finely, mix all the dry ingredients together, mix to a stiff paste with cold water, turn on to a floured board, roll out to size required and use.

Note.—If a cheap crust is required use less suet and 1 teaspoonful baking powder.

PASTRY, TREACLE, to make.

golden syrup
bread-crumbs
lemon juice
pastry short crust

Roll the pastry out to a square shape, mix the bread-crumbs into the syrup, add some lemon juice, spread the mixture on the pastry not too near the edge; roll out the rest of the pastry to the same shape, place it on the top, fold over the edges, brush the pastry with white of egg, sprinkle with castor sugar, and bake on a greased tin in a quick oven. When done cut across in neat sections; serve hot or cold.

Note.—Flaky or rough puff pastry can be used.

PÂTÉ DE FOIE GRAS, to prepare.

1½ cupfuls calf's liver (cooked)
1 small grated onion
4 slices bacon (uncooked)
2 tablespoonfuls finely minced lean ham
2 eggs
chopped parsley
ground mace
salt and pepper

Pass the liver, bacon and ham twice through the mincer and add 2 teaspoonfuls parsley if desired, a little mace, salt and pepper. Stir in the grated onion and gradually work in beaten egg. Put into well-oiled baking dish, thickly sprinkled with bread-crumbs, and bake in a slow oven for an hour. When cool, turn out and serve in thin slices as a savoury or hors-d'œuvre with slices of lemon and thin toast.

PEARLS, to remove external stains from.

Wash in ground rice and salt, or starch and powdered blue.

PEAR FLAN. *See* recipe for APPLE FLAN.

PEARS, bottling of. *See* FRUIT, to bottle.

PEARS, to stew.

2 lb. pears
6 oz. sugar
1 pint water
little claret
4 cloves
1 inch cinnamon
strip of lemon peel
carmine colouring

(Enough for six or seven people.)

Peel the pears, cut them in half, take out the core, put them in a stewing jar with the water, sugar, lemon rind and spices, add the claret and some drops of carmine, cover with the peelings and stew gently in the oven for 3 or 4 hours. When cool put into a glass dish and pour the syrup over.

PEARS, to store.

Pears may either be hung by their stalks or placed separately on shelves.

PEAR TREES, the cultivation of.

The pear, especially when grown as a wall-trained tree, requires root pruning or lifting more frequently, perhaps, than any other kind of fruit tree, for its roots have a tendency to go deep into the ground to obtain moisture. The better the sub-soil, the greater is the inducement for this rampant root growth. As a consequence, the tree becomes unfruitful, although in large standard trees the results are, of course, not so disastrous, and it is often more advisable, therefore, to adopt the dwarf-standard form rather than the wall-trained. It is said of the monks of old that in planting their orchards—which, as we know, were generally on moist ground, in close proximity to some stream or river—they used to lay a large slab of stone some few inches beneath each pear tree, so as to prevent the deep ramification of the roots to which this tree is particularly liable. Summer nipping is imperative in pruning the pear, as if all the wood-buds be allowed to remain they will so drain the strength of the tree that fruit-buds will not form—excessive wood growth being characteristic of the pear.

PEA SOUP. *See* SOUP, PEA.

PEAS, to boil.

Shell the peas, wash them, put them into a saucepan of boiling water with a little salt, a sprig of mint and a lump of sugar; bring to the boil, remove the scum, cook very gently uncovered for 15 to 20 minutes; drain them, remove the mint, put back in the pan with a lump of butter. Serve in a hot vegetable dish.

PEAS, to cultivate.

Sow in November for the early crop. Sow again early in February and at intervals of about three weeks till the end of June. Where sticks are scarce dwarf peas are advised, but the taller varieties bear more abundantly. Plant in drills from 2½ feet to 3½ feet apart. Peas sown from November to February are ready for gathering in May or June; those sown in March or April are ready in June or July; and varieties sown in May may be gathered in August and September.

PEAS, to dry.

Examine the peas and remove all bad ones. Place in the sun until dry.

PEAS, EVERLASTING, to propagate.

Propagate by root division in a well-drained hazel loam.

PEAS, GREEN, to keep till Christmas.

Shell the peas and put them in a pan of boiling water. Warm them four or five times. Pour the peas into a colander. Dry them in a cloth and then place in dry bottles. Pour over them melted mutton-fat and cork tightly. Put into boiling water with a spoonful of sugar when cooking.

PEASE PUDDING.

1 pint split peas
pepper and salt

Soak peas for 24 hours, then drain off water and place the peas in a cloth. Tie up cloth, taking care to leave sufficient room for the peas to expand. Boil for 2 hours with the pork with which they are to be served. Add the pepper and salt just before serving.

PENCIL WRITING, to fix.

Pencil writing or drawings may be fixed by brushing over with a little skimmed milk.

PENTSTEMON, to cultivate.

Both for the border and the rock garden the pentstemon, in one or other of its many varieties, is admirable. For the border *P. barbatus,* a tall and handsome plant with spikes of bell-like flowers of charming pink, is one of the best, and its variety *Torreyi,* with flowers of deep scarlet, is equally good, but though generally described as hardy perennials they are both a little tender and thrive best in a warm soil with some protection during winter. For the rock garden *P. glaber,* of dwarf habit, with blue or violet flowers; *P. Menziesii,* of shrubby growth and flowers of reddish-purple; and *P. heterophyllus,* with flowers of blue deepening to purple, are all excellent. Pentstemons may be grown either from cuttings or seed, but they are a little tricky in culture and need a good friable soil, well drained.

PEPPERMINT CORDIAL, to prepare.

Pour 1 pint boiling water on to ½ lb. loaf sugar; stir till sugar dissolves; add 12 drops oil of peppermint and bottle while warm.

PEPPERMINT, INFUSION OF, to make.

Steep 6 drams peppermint in 1 pint boiling water for 15 minutes and then strain. Useful for flatulence, colic, gripes, etc.

PEPPERMINT LOZENGES, to make.

7 lb. best powdered white sugar, 1 lb. pure starch. Add oil of peppermint to flavour. Mix with mucilage.

PERFUME, COLOGNE WATER, to make. (A simple recipe.)

One dram each of oil of lavender, oil of lemon, oil of rosemary, and oil of cinnamon. Add 2 drams oil of bergamot. Mix in a bottle, and add a pint of alcohol. Or—

Mix together 2 drams each of oils of lemon and cedrat, 1 oz. oil of bergamot, 1 dram oil of rosemary, 2 fluid oz. spirits of neroli, and 5 fluid oz. pure alcohol.

PERFUME, LAVENDER WATER, to prepare.

Mix the following thoroughly together and the longer the perfume is kept before using, the better it will be: 3 drams each oils of lavender and bergamot, 6 drops each oil of cloves and attar of roses, ¾ dram each oil of rosemary and essence of musk, 1 oz. honey, ½ dram benzoic acid, 1 pint alcohol, and 2 oz. esprit de roses.

PERFUME, LAVENDER WATER, to make. (Another recipe.)

Mix together, in a clean bottle, a pint of inodorous spirit of wine, an ounce of oil of lavender, a teaspoonful of oil of bergamot and a tablespoonful of oil of ambergris.

PERFUME, WHITE ROSE, to prepare.

Mix together 2 oz. rose spirits, 1 oz. each of violet and jessamine essence, and ¼ oz. patchouly extract.

PERIWINKLE, to cultivate. *See* VINCA.

PERRY, to make.

Make as for cider, but after it has been made a few days draw it from its grosser lees. Keep in bottles at an even temperature.

PERSPIRATION, EXCESSIVE, to remedy.

The feet should be washed twice a day with lukewarm soap and water, and then dusted all over with boric acid, and boric acid sprinkled in the boots. The socks should be changed at least twice a day; a cork sock should be worn in the boot. This should be removed at night and dipped in fairly strong Condy's fluid, and

dried before being replaced the following morning. The old sock should be burnt when it is tainted, and a new one worn.

PETUNIA, to cultivate.

A showy half-hardy plant with large, rich blossoms embracing a great variety in shades of colour, marking and form. The single-flowered kind are useful for borders, producing a charming effect when properly massed, and may be raised from seed sown in heat in February or March, by which means good plants may be obtained for planting out by the end of May. The double-flowered kind are more suited for pot culture in the green-house, and should be propagated by cuttings made in August in a good bottom heat and potted off in due course in ordinary compost.

PEWTER, to clean.

Rub the pewter with powdered rottenstone moistened with equal parts of linseed oil and turpentine; then wash in warm soapy water and polish as usual. If the pewter is very badly stained this may have to be repeated several times before its brightness is quite restored.

PHEASANT, to roast.

1 brace of pheasants
fat bacon
little butter
gravy
bread sauce
fried bread-crumbs
watercress

Pluck, singe and draw the pheasants, scald and skin the legs, removing the claws, wipe with a damp cloth; put a small piece of butter with pepper inside, truss for roasting; tie some pieces of fat bacon over the breasts, cook for about an hour, basting frequently. Remove the bacon, dredge with flour and cook again till brown and frothy. Remove the string, place on a hot dish, garnish with watercress. Serve with bread sauce, fried bread-crumbs, and some good gravy.

For the Fried Bread-Crumbs.—Melt some butter in an enamelled frying-pan, put in some white bread-crumbs, stir them carefully over the fire until they are nicely browned, drain them on paper, place in the oven for a few minutes. Serve on a lace paper.

PHEASANT, salmis of.

remains of pheasant
1 oz. butter
½ oz. flour
1 shallot or small onion
1 bay leaf
pinch of herbs
1 teaspoonful red currant jelly
½ pint stock made from pheasant bones
salt and pepper
glass of port wine

Remove the bones from the pheasant and cook them in stock Cut the meat into neat pieces, melt the butter in stewpan, brown the flour, add the stock and stir till it boils. Add the chopped shallot, herbs, jelly, wine and bay leaf, and simmer slowly for 20 minutes. Then strain and put in the pieces of pheasant, season and reheat. Serve garnished with triangles of fried bread.

PHLOX, to propagate.

A fine specie of annuals and perennials which will grow in any ordinary garden soil in a sheltered but open position. Increase by stool-division, cuttings or from seed.

PIANOS, care of.

If possible, keep well away from any wall, out of draughts and not too near a fire, as all these things have a detrimental effect on the tone. Keep closed up when not in use. Have it regularly tuned. Clean dirty keys by rubbing with a cloth which has been thoroughly wrung out after dipping in a solution of a few drops of ammonia and warm watar, then wring cloth out in cold water, rub over the keys and lastly dry them off with a soft cloth. When performing this operation, the cloths must be thoroughly wrung out—otherwise there is a danger of moisture getting between the keys.

PICKLE, HAM, to prepare.

1 quart strong beer
½ lb. treacle (black)
½ lb. brown sugar
2 oz. juniper berries
1 oz. coriander seeds
1 oz. peppercorns
1 oz. allspice
1 oz. cloves
1 oz. saltpetre
½ oz. salprunella
2 or 3 onions

The spices must be ground finely and all the ingredients boiled together for half an hour. When cold pour over the ham. It must be rubbed with the pickle and turned every day for three weeks, then dried and smoked if desired. This quantity is sufficient to pickle one very large ham or two small ones. A large ham should be salted for fourteen days and a small ham for seven to ten days before putting into the pickle.

PICKLE, MARROW, to prepare.

6 lb. marrow
24 shallots
1½ oz. ginger
1½ oz. mustard
½ lb. sugar
½ oz. turmeric
cloves and chillies
peppercorns
3 pints vinegar

Peel and remove seeds from the marrow; cut it into small pieces, sprinkle with salt and stand for 24 hours; strain off the salt; boil the spices in the vinegar for 10 minutes, add the marrow and onions; boil all together till soft.

PICKLES, to detect the presence of copper in.

Mix a little liquid ammonia with an equal amount of water. Put a few of the pickles into a glass vessel and add the mixture. Stir well together. The presence of copper is indicated if the liquid turns blue.

PICKLES, BEETROOT, to prepare.

Gently boil the roots from 1½ to 2 hours or until nearly done; then drain. When partly cool, peel and cut in slices ½ inch thick.

Place in a pickle of 1 oz. black pepper, 1 oz. allspice, ½ oz. each pounded ginger, sliced horse-radish, salt, and 1 quart strong vinegar. To very quart of vinegar 1 dram of cayenne pepper or 2 capsicums may be added.

PICKLES, CABBAGE, to prepare.

Shred red and white cabbage, spread it in layers in a stone jar, with salt over each layer. Put 2 spoonfuls of whole black pepper, and the same quantity of allspice, cloves, and cinnamon in a bag, and scald them in 2 quarts of vinegar, pour the vinegar over the cabbage, and cover it tight. Use it after two days.

PICKLES, CAULIFLOWER or BROCCOLI, to prepare.

Keep for 24 hours in strong brine. Then remove. Heat the brine and pour it on scalding hot. Stand till next day, drain, and throw into spiced vinegar.

PICKLES, CHERRIES, to prepare.

Take large red cherries, perfectly ripe, and put them into jars with layers of powdered sugar between each layer of fruit, interspersing them with thin muslin bags of broken cinnamon, mace and nutmeg. The jars should be three-quarters full of cherries and sugar. Fill up with cold vinegar and cover them closely.

PICKLES, CUCUMBER, to prepare.

Put some spiced vinegar in a jar with a little salt in it. Every time you gather a number pour boiling vinegar on them, with a little alum in it. Then put them in the spiced vinegar. Keep the same vinegar for scalding all. When you have enough, take all from the spiced vinegar, and scald in the alum vinegar 2 or 3 minutes till green, and then put them back in the spiced vinegar.

PICKLES, GHERKIN, to prepare.

Keep them in strong brine till they are yellow, then take them out and pour on hot spiced vinegar. Keep in a warm place till they turn green. Then pour off the vinegar and add a fresh supply of hot spiced vinegar.

PICKLES, MUSHROOMS, to prepare.

Stew them in salted water—just enough to keep them from sticking. When tender pour off the water, and add hot spiced vinegar. Then cork them tightly if you wish to keep them a long time. Poisonous ones will turn black if an onion is stewed with them, and then all must be thrown away.

PICKLES, NASTURTIUMS, to prepare.

Gather the seeds as soon as the blossoms fall. Put them in cold water and salt for 30 minutes. Then place in boiling salt and water and boil for 2 minutes. Place in a jar and cover with good vinegar; flavour with spice and keep covered for at least 7 days. They may be eaten as capers.

PICKLES, ONION, to prepare.

Peel, and boil in milk and water 10 minutes, drain off the milk and water, and pour scalding spiced vinegar on to them.

PICKLES, PEACHES, to prepare.

Take ripe but hard peaches, wipe off the down, stick a few cloves into them, and lay in cold spiced vinegar. In three months they will be sufficiently pickled, and also retain much of their natural flavour.

PICKLES, TOMATO, to prepare.

As you gather the tomatoes throw them into cold vinegar. When you have enough, take them out, and scald some spices tied in a bag, in good vinegar, and pour it hot over them.

PICKLES, WALNUTS, to prepare.

To every quart of vinegar use 2 oz. peppercorns, 1 oz. each allspice, ginger, and 2 shallots. Boil together for 10 minutes. The walnuts must be young. Rub with a cloth, prick them with a fork, put them in brine (1 lb. salt to 1 quart water), leave them for 8 to 10 days, drain and leave in the sun for 2 or 3 days until quite black. Put them in jars, pour over the spiced vinegar while hot, tie down with bladder or parchment and keep in a dry place.

PICKLING, hints on.

Use vegetables gathered on a dry day and only those which are quite sound.

Add a tablespoonful of alum and a teacup of salt to each 3 gallons of vinegar, and tie up a bag with pepper, ginger-root, and spices of all sorts in it, and you have vinegar prepared for any kind of common pickling.

Use enamelled iron pans rather than those made of copper or brass, as the vinegar used has a harmful effect on these metals.

Always use the best vinegar, whether it is the white wine kind or malt, and do not boil it too long as it evaporates and loses its strength. White wine gives pickles a better appearance, but malt a better flavour.

Anything that has held grease will spoil pickles. Do not keep pickles in common earthenware, as the glazing contains lead, and combines with the vinegar.

Stir pickles occasionally, and if there are soft ones, take them out and scald the vinegar, and pour it hot over the pickles. Keep enough vinegar to cover them well. If it is weak, take fresh vinegar, and pour on hot.

PICTURE FRAMES, GILT, to clean.

Remove all dust from the frame. Then make a solution of 1 gill of vinegar and 1 pint of soft cold water. Dip into the liquid a large camel hair brush, squeeze it almost dry, and brush gently up and down the frame, doing only a small portion at a time until

the gilding looks bright and clean. Wash the brush frequently and renew liquid when dirty. To dry, squeeze the brush out tightly; then rub over gilding until all moisture has been removed. Dust with a soft brush.

PIE, BEEFSTEAK, to make.

1 lb. steak
¼ lb. kidney
stock or water
little flour
salt and pepper

Flaky Crust

10 oz. flour
6 oz. butter and lard
water
salt

(Enough for six or seven people.)

Cut the steak in thin slices, roll a small piece of kidney in each slice, dip in flour with salt and pepper added, pile in a pie-dish, high in centre. Do not pack the dish tightly, but leave enough space to add some stock or water. Make the pastry; wet the edges of the dish, line with pastry; egg the edge of pastry and place on the top. Do not touch the cut edges; make some leaves from the trimmings, arrange them round a hole made in the centre, brush over the top with egg; make a rose, place in the centre of the leaves. Bake in a hot oven for 2 hours. The hole under the rose must be kept open during baking to allow the steam to escape. For method of making the pastry *see* PASTRY, FLAKY CRUST, to make.

PIE, COTTAGE. *See* PIE, SHEPHERD'S.

PIE, GAME, to make.

Separate the game into joints or pieces, and place into a pie-dish with some fat ham or streaky bacon. Season highly, cover with puff paste and bake in the oven. Raise the crust when half cooked and pour in 4 or 5 tablespoonfuls of melted butter, a glass of light wine, and the juice of a lemon.

PIE, PIGEON, to make.

3 or 4 pigeons
1 lb. beefsteak
3 hard-boiled eggs
flour
2 oz. ham
stock
salt and pepper
flaky or puff pastry

(Enough for seven or eight people.)

Prepare, singe and draw the pigeons, cut them in halves or quarters. Cut the steak in small pieces, dip them into seasoned flour; put the steak, pigeons, ham and slices of hard-boiled eggs in a pie-dish in layers, pour over enough good gravy or stock to half fill the dish, cover with pastry, trim edges, glaze and decorate in the usual way. Bake from 2 to 2½ hours; scald and skin the feet and put in the centre when the pie is cooked, to show what the pie is made of. If the pie is to be eaten cold, when it is cooked pour in some more good gravy or stock to which some gelatine has been added.

PIE, PORK, to make.

1½ lb. flour
6 oz. lard
½ pint water
2 lb. pork
salt and pepper

Skin the pork and cut into large dice, boil the water and lard together, pour into the centre of the flour and mix to a stiff dough, keeping it as warm as possible. Knead it to get it smooth; well grease a pork pie mould, line it with the pastry, keeping one-third for the top. Dip the pork in water and pack in neatly; add plenty of seasoning, place on the top, decorate edges and the top with leaves, leaving a hole in the centre. Bake for about 5 hours.

PIE, RABBIT, to make.

1 rabbit
1 small onion
¼ lb. ham or bacon
2 hard-boiled eggs
little flour
stock
pinch of herbs
salt and pepper
flaky or rough puff pastry

(Enough for four or five people.)

Skin and wash the rabbit, cut into neat joints, dip them in flour seasoned with salt and pepper and fry them in butter or dripping. Place them in a pie-dish with the ham and slices of hard-boiled eggs; sprinkle over a pinch of sweet herbs, season with salt and pepper, add enough stock to half fill the dish, cover with pastry; decorate and glaze in the usual way and bake for 2 hours. When cooled add more stock. A hole should be left to allow the steam to escape during cooking.

PIE, SEA, to make.

½ lb. lean meat
2 or 3 tomatoes
2 onions
1 lb. potatoes
water
salt and pepper

Suet Crust

6 oz. flour
2½ oz. suet
¼ teaspoonful baking powder
salt

(Enough for five or six people.)

Cut up the meat, peel and slice the potatoes, and slice tomatoes and onions. Put in layers in a saucepan with a little water for gravy, add salt and pepper; make a suet crust, roll out to the size of the top of the pan, lay it on the meat and cook gently for 2 hours. To serve either lift out the crust whole and place the stew under or cut into sections and place round the stew.

PIE, SHEPHERD'S, to make.

½ lb. cooked meat
½ lb. boiled potatoes
1 small onion
stock or gravy
½ oz. butter or dripping
little milk
salt and pepper

(Enough for four people.)

Mince the meat, season it, put it in a pie-dish with some gravy or stock; mash the potatoes, add the butter and milk, cover the

meat with the potatoes, smooth the top with a knife, mark round the edge, brush over with milk, and bake in a hot oven till a nice brown.

PIE, VEAL AND HAM, to make.

1 lb. veal (fillet)
½ lb. ham
2 hard-boiled eggs
1 teaspoonful chopped parsley
½ teaspoonful herbs
little grated lemon peel
salt and pepper
stock

For Pastry

10 oz. flour
6 oz. butter and lard
water to mix
egg to glaze

(Enough for five or six people.)

Cook the veal in enough cold water to cover, with an onion stuck with cloves; when cold cut into thin slices, put a pinch of seasoning (parsley, herbs, lemon peel, salt and pepper) on each slice and roll up, pack the rolls in a pie-dish not too tightly, with the ham and hard-boiled eggs cut in slices; reduce the stock, add a leaf of gelatine if necessary, pour it into the pie-dish. Cover with pastry, decorate with leaves and a rose, brush over with egg, bake for 1½ hours, remove the rose and pour in the remainder of the stock. Rough puff or flaky pastry can be used for this dish.

PIGEON BREAST.

Causes.—In rickets the bones are soft and yielding, the ribs sink in and the breast bone protrudes. Children who have a growth in the back of the nose, enlarged tonsils, or any condition that obstructs the free entrance of air into the lungs, often become pigeon-breasted. The chest may be markedly deformed and seriously interfere with respiration.

Treatment.—Rickets should be treated and the growth in the nose or enlarged tonsils should be operated on.

PIGEON PIE. *See* PIE, PIGEON.

PIGEONS, to roast.

pigeons
larding bacon
toast
butter
bread sauce
gravy

Draw, singe and truss the pigeons, lard the breasts, roast in a hot oven, basting frequently from 20 to 30 minutes; serve on squares of toast with bread sauce and gravy. A plain French salad of lettuce dressed with oil and vinegar can also be served.

PIG'S CHEEK, to boil.

Soak before cooking if it is dried. Sprinkle each side of the cheek with bread-crumbs, sweet herbs, pepper and salt. Tie in a cloth, place in a saucepan of cold water and gently simmer.

PILES, a remedy for.

Mix thoroughly together as an ointment 1 dr. alum, very finely powdered, and 1½ oz. lard.

PIMENTO. *See* ALLSPICE.

PIMPLES, to remove.

Mix 1 oz. each of barley meal and powdered bitter almonds with enough honey to make a smooth paste, and apply.

PINEAPPLE CREAM.

1 gill milk
yolks of 3 eggs
2 oz. sugar
3 gills pineapple syrup
lemon jelly
½ pint cream
3 or 4 oz. pineapple
1 wineglassful noyeau
¾ oz. gelatine

(Sufficient for five or six people.)

Make a custard with the milk and yolks of eggs, stir till it thickens, add the sugar, dissolve the gelatine in the syrup, and strain into the custard. When cool add the whipped cream and pulped pineapple, flavour with noyeau. Mask the mould with lemon jelly. Then pour in the cream.

PINEAPPLE FILLING, to prepare.

3 oz. fresh butter
6 oz. sifted icing sugar
2 oz. pineapple
little pineapple syrup

Cream the butter and sugar together, beat until smooth; add the chopped pineapple and a little of the syrup.

PINEAPPLE SNOW, to make.

½ tin pineapple
3 oz. loaf sugar
1 oz. loaf gelatine
whites of 3 eggs
wineglassful of sherry

(Enough for five or six people.)

Dissolve the gelatine in some of the pineapple syrup and a little water, cut the pineapple into small pieces, add to the syrup with the sugar and simmer for 10 minutes, add the sherry and allow the mixture to cool. Whisk the whites of eggs to a stiff froth and add the mixture and whisk till nearly set. Pile roughly in a shallow glass dish, decorate with some pieces of pineapple and serve.

PINEAPPLE SOUFFLÉ. *See* SOUFFLÉ, PINEAPPLE.

PINK, to cultivate. *See* CARNATION.

PIPES, TOBACCO, to clean.

To clean and sweeten tobacco pipes alcohol should be poured in the bowl and allowed to run out through the stem.

PIPE, WATER, to thaw.

Screw up and light a newspaper and pass it slowly along the pipe. This gives a quicker result than the application of hot water or wrappings.

PLAICE, FILLETS OF, to fry.

fillets of plaice	salt and pepper
a little flour	egg and bread-crumbs

(Enough for three or four people.)

Wash and thoroughly dry the fillets, dip them in flour seasoned with salt and pepper. Beat up the egg, dip in the fillets, drain and roll them in the crumbs, shaking off any loose ones; fry a golden brown in hot fat, drain well, and serve garnished with lemon and parsley.

PLAICE, FILLETS OF, to stuff and bake.

1 plaice	salt and pepper
½ oz. butter	chopped parsley
½ oz. flour	coraline pepper
1 gill milk	veal stuffing
little lemon juice	

(Enough for three or four people.)

Fillet the plaice, skin the fillets; if large cut in half lengthways, place a little stuffing on each half fillet, roll up, place on a greased tin, squeeze over each a little lemon juice and bake slowly for 15 to 20 minutes. Serve on a hot dish. Make a sauce with the butter, flour and milk, coat the fillets with it; garnish with coraline pepper and chopped parsley.

PLANT-LICE, APHIDES, to destroy.

Make a solution of tobacco, lime-water, or gas tar-water and repeatedly syringe the leaves and stems of the plants. Ladybirds destroy aphides. *See also* INSECTS ON PLANTS, to destroy.

PLASTER, ADHESIVE, to make.

Melt together ¼ lb. yellow rosin and 2 oz. Burgundy pitch. Spread upon linen.

PLASTER, MUSTARD. *See* MUSTARD PLASTER.

PLASTER STATUETTES, to clean.

Take some finely-powdered starch and make it into a thick paste with hot water. Apply thickly all over the statuette by means of a brush. Allow to dry very slowly and, as the starch falls away, it will take the dirt with it.

PLASTER, STRENGTHENING, to make.

24 parts lead plaster, 6 parts white resin, 3 parts each of yellow wax and olive oil, 8 parts red oxide of iron. Rub the oxide with the oil, add the other ingredients and melt. Mix the whole well

together. Spread over leather and cut into strips 2 inches wide and strap firmly around the joint.

PLATE POWDER, to make.

Mix together ½ oz. each of polisher's putty and burnt hartshorn and 1 oz. prepared chalk to make a good plate powder.

PLEURISY.

This is inflammation of the covering of the lungs.

Causes.—Exposure to cold is by far the most frequent cause. Pleurisy occurring in a young person without any obvious reason is generally the first sign of consumption. It may complicate scarlet or rheumatic fever, measles, or Bright's disease.

Symptoms.—Chills and shivering fits may commence the attack. The tongue is furred and the appetite lost. There is pain in the side of the chest, which is made worse by breathing, coughing, sneezing, or any kind of muscular exercise. The person takes short breaths to avoid the pain, and seems to be easier lying on his back or on the healthy side. A short cough is generally present. In a day or two the pain becomes less and fluid accumulates between the lung and the chest wall, separating the inflamed surfaces so that they do not rub together. The fluid pushes the lung before it and squeezes the air out of it. In bad cases practically only one lung is in use. In favourable cases the fluid in the chest goes away gradually, the lung expands and breathing becomes normal again. If the fluid fills one side of the chest, the action of the heart and the other lung is interfered with, the person becomes livid and may die of suffocation.

Complications.—Congestion of the lungs may occur, or the fluid may turn into matter and form a big abscess in the chest.

Treatment.—The person should be put to bed and fluid diet given. The pain in the side may be relieved by applying linseed-meal, or mustard poultices. Strapping the side with broad pieces of adhesive plaster keeps the affected side quiet, and diminishes the pain. These pieces of plaster should be put on from the spine behind to the breast-bone in front, one strip slanting upwards and the next strip downwards, until the whole of the side is covered. The imperial drink may be given to relieve thirst and promote sweating.

If the fluid fills one side of the chest, or after weeks it does not disappear, it may be necessary to have it drawn off. The formation of an abscess in the chest is serious and requires an operation for the removal of the matter.

PLUMBAGO (LEADWORT), to cultivate.

A graceful perennial, of which the two varieties, *P. capensis* and *P. larpentæ*, are of value for the green-house and the rock garden respectively. The former, with its delicate blue blossoms, makes a charming training plant for the green-house, while the latter is perfectly hardy and forms dense tufts of wiry stems, some 6 inches high, bearing trusses of deep blue flowers early in September, which

last until the frost cuts them off. It is easily propagated by division in spring.

PLUM DUFF, to make.

8 oz. flour	6 oz. raisins
4 oz. suet	1 egg
1 oz. sugar	little milk
pinch of salt	½ teaspoonful baking powder

(Enough for six or seven people.)

Add the chopped suet and stoned raisins to the flour, with sugar, salt and baking powder. Mix with the egg and milk; tie in a cloth and boil for 2 or 3 hours. Serve with Demerara sugar.

PLUM CAKE. *See* CAKE, PLUM.

PLUM JAM. *See* JAM, DAMSON or PLUM.

PLUM PUDDING. *See* PUDDING, PLAIN PLUM.

PLUM TART. *See* TART, FRUIT.

PLUMS, to bottle. *See* FRUIT, to bottle.

PLUM TREES, the cultivation of.

The plum (of which the greengage is, perhaps, the most delicious variety) does not do well on a cold or clay subsoil, nor in a moist-laden climate. A poor soil really suits it best so long as it has good drainage, for it has a tendency to make a superabundance of wood if the soil be at all rich. As a consequence, frequent root pruning is generally necessary, and it should not be planted deep —a covering of 6 inches of soil is sufficient.

PNEUMONIA. *See* CONGESTION OF THE LUNGS.

POISONS, antidotes for.

In all cases send for a doctor at once. EMETICS (*which see*) are given in most cases. But they should *not* be given for poisons that burn and char the parts they come in contact with. Such poisons are vitriol, spirits of salt, nitric acid, strong ammonia, and soda.

If cause is unknown give ½ pint sweet oil as an antidote.

ACETIC ACID.—Plaster from the wall or ceiling should be mixed with water and the water drunk. Give milk afterwards.

ACONITE, MONKSHOOD OR BLUE ROCKET.—Emetic; castor oil. Apply hot bottles to feet. Strong coffee.

ALCOHOL.—Give emetic; cold water to the head, and strong ammonia to the nose.

ALKALIS (POTASH, SODA, AMMONIA, etc.)—Give drinks containing vinegar or lemonade or lemon juice or olive oil.

POISONS—*continued*

ARSENIC.—Emetic; and eggs and milk in large quantities.

BITTER ALMONDS.—Emetic followed by large quantities of hot water. Pour cold water on head and face. Keep the patient warm.

CARBOLIC ACID.—Flour and water or glutinous drinks—whites of egg and milk.

CHLORAL.—An emetic and an enema of a pint of strong hot coffee. Wrap in hot blankets; rub and apply hot bottle.

CHLOROFORM.—An emetic of soda with water. Do everything possible to keep patient awake.

COAL GAS.—Remove into the fresh air; cold water to the head, and artificial respiration.

COPPER.—An emetic followed by hot water and barley and water or arrowroot and water.

DEADLY NIGHTSHADE (BELLADONA).—Emetic; water and big drinks of stewed tea; then strong coffee.

FISH POISONING.—Emetic; warm water, castor oil, and stimulants.

FOXGLOVE.—Emetic followed by castor oil and strong tea.

FUNGI.—Emetic followed by castor oil.

HEMLOCK.—Emetic; castor oil, or Epsom salts.

HYDROCHLORIC ACID.—*See* SULPHURIC ACID.

LABURNUM.—Mustard and water followed by warm water.

LAUDANUM.—*See* MORPHIA.

LEAD.—Emetic; then 2 teaspoonfuls of Epsom or Glauber salts every 2 hours till bowels are moved. Then give salts in smaller doses.

MERCURY.—Emetic; large draughts of warm water; and egg and milk frequently repeated.

MORPHIA, OPIUM, LAUDANUM.—Emetics. If the patient can swallow a solution of permanganate of potash, a pinch to a pint of water should be given, and repeated. Condy's fluid in water has the same effect as an antidote. Flick the patient with a towel dipped in cold water, put strong ammonia under the nose, and do everything to rouse him. He should be shaken by the shoulders, and pinched; as he becomes more sensible give hot strong tea or coffee.

MUSHROOMS.—Emetic; and a big dose of castor oil or salts.

POISONS—*continued*

NICOTINE.—Emetic; douche head and face with cold water, and give tea, coffee or alcohol.

NITRIC ACID.—Some chalk or plaster from the walls or ceiling should be stirred in water, and the water drunk, and afterwards large draughts of plain or barley water given.

OPIUM.—*See* MORPHIA.

OXALIC ACID (ACID OF SUGAR).—Magnesia or chalk and water. Then castor oil.

PARAFFIN OIL.—Emetic; tea and coffee.

PHOSPHORUS.—Emetic, to which is added, if available, a teaspoonful of oil of turpentine or sanitas. A weak solution of Condy's fluid should be given. Epsom salts. Castor oil should be avoided, as it dissolves the phosphorus and causes the poison to act more quickly.

POTASH.—*See* ALKALIS.

PRUSSIC ACID.—Emetic. Cold water in a jug should be poured over the head and chest. Give a teaspoonful of sal volatile in water. The rapidity with which the poison acts renders treatment difficult. The patient becomes insensible at once, and nothing can be done but remove him to the open air and pour cold water over his head and chest.

PTOMAINE.—Emetics followed by purgatives. Brandy if necessary.

SALTS OF LEMON.—Encourage vomiting by tickling the back of the throat. Water should not be given as it dissolves the acid and makes the poison act more quickly. Whiting (the thickness of gruel) should be taken, or failing this, plaster from the ceiling or wall. If the patient becomes collapsed he should be well covered and hot-water bottles put to the feet and sides of the body.

SPANISH FLY—BLISTERING FLUIDS.—Emetic; warm water; oil should not be given as it hastens the action of the poison.

SPIRITS OF SALT.—Chalk, plaster from the wall or ceiling mixed with water; barley water.

STRYCHNINE.—Emetics and strong tea, the tannin of which acts as an antidote.

SUGAR OF LEAD.—Emetic; and a big dose of Epsom salts; egg and milk.

SULPHURIC ACID (OIL OF VITRIOL).—Chalk or plaster from the walls or ceiling mixed with water; barley water or linseed tea.

POISONS—*continued*

TINNED MEATS.—Emetic; castor oil, or Epsom salts.

TURPENTINE.—Emetic; Epsom salts, eggs and milk, barley water.

YEW TWIGS AND FRUIT.—Emetic; Epsom salts, or castor oil.

POLISH, BRASS, to make a liquid.

Dissolve 4 teaspoonfuls of soft soap in 1 pint of boiling water. Allow to cool; then add ½ pint paraffin. Use for rubbing into brasses. Polish with a leather.

POLISH, BROWN BOOT, to make.

Allow ½ lb. shredded yellow wax to stand in turpentine for a few days until it has dissolved. Then dissolve ½ lb. hard white soap in 1 pint boiling water. Thoroughly mix the two solutions together and then add 1 teaspoonful of oxalic acid and sufficient liquid anatta to give the required colour. Place the mixture in bottles and cork tightly.

POLISH, FOR OLD OAK, to prepare.

Thoroughly mix together ¼ pint methylated spirits, 2 oz. boiled linseed oil, 3 oz. turpentine and 1 oz. vinegar, and bottle. Rub the mixture into the oak with a soft rag and then polish with a dry cloth.

POLISH, FOR STOVES, to make.

Here is an economical stove polish which is cleaner to apply than ordinary blacklead. Mix plumbago with a little water as required and use in the usual way. ½ lb. plumbago should be enough for a year.

POLISH, FRENCH, to prepare.

Dissolve 6 oz. finest orange shellac in 1 quart methylated spirits and strain before using.

POLISH, NON-SLIP, FOR FLOORS, to make.

Mix together equal parts of turpentine, linseed oil, vinegar and coach varnish. Rub the mixture on to the floor and do not polish.

POLYANTHUS, to cultivate.

Its cultivation is perfectly simple, for it will thrive in any garden soil, though it prefers one which is rich and moist, and flourishes best in a sheltered and somewhat shady situation. It can easily be raised from seed sown in the open during the summer months and may be increased by division in autumn or early spring.

PORES, ENLARGED, to treat.

When bathing the face add a little borax to the water. This tends to draw in enlarged pores.

PORK, to choose.

Pork must be more carefully chosen than any other butcher-meat, and should never be bought in warm weather. It is only wholesome in the winter. The lean of good pork is pale pink and firm; the fat white and clear; the skin thin and smooth and cool to the touch. Any signs of knots or kernels in the flesh indicate disease, and it should be rejected as unwholesome.

PORK, to pickle.

Rub all over with saltpetre and drain for a day. Then rub with a brine of 1 lb. salt, ½ lb. coarse sugar and 2 oz. saltpetre. Place in a tub, cover with common salt, and lay a weight on it to keep down and keep out the air. Scrape off the salt and soak the meat for half an hour in clear water before using. Place in a saucepan of cold water and boil till the rind is tender.

PORK, LOIN, to roast.

5 lb. loin of pork
gravy
apple sauce
sage and onion stuffing
salad oil

Choose the pork with thin skin, score it at equal distances with a sharp knife, brush it over with salad oil, bake in the oven, basting frequently. It must be well done; make the gravy in the dripping pan, pour round the meat, serve with apple sauce and baked sage and onion stuffing. If preferred, the loin can be stuffed by making an incision under the skin and putting in the stuffing.

PORRIDGE, OATMEAL, to make.

Put 4 tablespoonfuls coarse oatmeal into a basin, gradually adding 1 quart milk. Stir briskly into 1 quart boiling water, add a little salt and boil until it thickens. Stir constantly.

POSSET, ALE, to prepare.

Pour ½ pint scalded milk upon a square piece of bread and add ½ pint boiling hot beer. Add a little nutmeg and loaf sugar to taste.

POSSET, BARLEY, to prepare.

Take ¼ lb. barley and boil it with 1½ pints milk. Add ½ pint cream, and a little mixed spice, and sugar to taste. When nearly cold add a glassful of sherry and beat up the mixture.

POSSET, TREACLE, to prepare.

½ pint milk
2 tablespoonfuls black treacle

Put the milk in a saucepan, bring to the boil, add the treacle. Boil for a few minutes, draw aside and let it stand a short time, strain through muslin and serve the liquid very hot. Useful for a cold.

POTASH, PERMANGANATE OF.

This is a very useful deodorant and disinfectant for sinks, etc. Proportion, 1 dessertspoonful in each 2 gallons of water used.

POTATO CHIPS, to prepare.

Peel the potatoes thinly and cut into thin slices, dry well in a folded cloth, and keep covered with the cloth till wanted. Put the slices a few at a time in a frying-basket and plunge them in hot fat for a few minutes to cook; drain them and put them in another pan of smoking hot fat to crisp. Drain well on paper, sprinkle with salt and serve at once on a folded serviette or fancy paper. If one pan of frying fat only is available, it must be left to get several degrees hotter for the second cooking. Straws can be cooked in the same way, and should be cut in even lengths about a quarter of an inch thick.

POTATO CROQUETTES, to prepare.

Put the cold potatoes through a sieve or a potato masher, make them hot and add the butter, little milk, chopped parsley and season well with salt and pepper. Divide into equal portions, form into balls, coat *twice* with egg and bread-crumbs, and fry a golden brown in hot fat. Put a small piece of parsley stalk in each. Dish on a hot vegetable dish on folded serviette or a fancy paper.

POTATOES, to curry.

3 or 4 boiled potatoes
1 teaspoonful curry powder
lemon juice
1 onion
little stock
dripping
salt and pepper

Fry the onion and slices of potato in a little dripping, shake over the curry powder, add the stock, a little lemon juice and salt and stew gently for fifteen minutes.

POTATOES, to fry.

Parboil the potatoes—they can be fried whole or in slices—make the dripping hot in a frying-pan, put in the potatoes, brown them well all over, drain on paper and serve hot on a fancy paper. Cold potatoes can be mashed, seasoned well and fried in the same way, and turned out into a hot vegetable dish.

POTATOES, to grow.

Potatoes are extremely acceptable if ready early, and on an exhausted hotbed a good crop may be secured. A covering of light soil must be given before putting a frame over them, and they must be carefully protected from frost. The pit prepared for melons may well be utilized for an early crop of potatoes first, as if started in the middle of January, the potatoes will be ready for use by the time the melons should be planted. Potatoes require rather deep,

light sandy soil, well drained, and of a dry nature. It is best to plant them in ground that has been well manured or used for a green crop the previous year. A change of seed is very important. Cut the root so that each piece of the potato has one or two eyes, and plant them in March or April in rows of 2 feet apart, 12 to 15 inches distant in the row, and 3 or 4 inches deep. The main crop need not be lifted until October or November.

POTATOES, to keep.

A hole dug in the side of a hill, or a pit in a sand-bank is a good place for storing potatoes. If they are piled on top of the ground and covered with earth and straw, do not expose them to the light. Otherwise it is best to keep potatoes in a dark place, preferably in a cellar. Heap them up and cover with straw. Artichokes, carrots, parsnips and turnips may all be stored in the same way.

POTATOES, to mash.

When thoroughly cooked strain off water and allow the potatoes to dry off for about 2 minutes. Mash with a fork, while dry, until there are no lumps left. Then add one or two small pieces of butter and mash again until the butter is all absorbed. Do not add any milk. It will be found that the addition of butter instead of milk will considerably improve the flavour of the potatoes.

POTATOES À LA MAÎTRE D'HÔTEL, to prepare.

potatoes
salt
½ pint maître d'hôtel sauce

Cook the potatoes. If old cut them in slices and place them in a hot vegetable dish, make the sauce, season well and pour over the potatoes and serve.

POTATOES, NEW, to boil.

Scrape the potatoes gently, putting them at once into cold water. Put them into a saucepan of boiling water with salt and mint, and cook gently from 20 to 30 minutes. Drain off the water, add 1 oz. butter, shake gently to coat them, turn into a hot vegetable dish and sprinkle over some finely-chopped parsley.

POTATOES, OLD, to boil.

2 lb. potatoes
salt
cold water

Peel the potatoes thinly, put them in a saucepan with cold water, add the salt, cook very gently with the lid on till tender; test with a skewer. Pour off the water, put them back on the stove with the lid half on the pan to dry; place a folded clean cloth over them. Dish in a hot vegetable dish.

POTATOES, SAUTÉ, to prepare.

1 lb. potatoes
salt
2 oz. butter
chopped parsley

Cut the potatoes into neat shapes, parboil them with a little salt, melt the butter and let it get hot, put in the potatoes, toss them over the fire until they are a nice golden colour, sprinkle with chopped parsley and serve at once.

Cold potatoes can be sautéed in the same way, cut into slices.

POTATO SCONES, to prepare.

10 oz. cooked potatoes
6 oz. flour
3 oz. butter
pinch of salt

Pass the potatoes though a sieve, mix in the butter and flour while warm, add the salt, roll out, cut into rounds with a pastry cutter, bake about 15 minutes either on a girdle or in the oven, split open, spread with butter, and serve hot on a serviette.

POTATO SOUP. *See* SOUP, POTATO.

POULTICE, BREAD, to make.

Put into a basin a slice of bread without the crust and pour boiling water over it. Cover with a plate and stand the basin near the fire. Then strain pulp with a fork, and spread. Apply direct to the skin.

POULTICE, LINSEED MEAL, to make.

To ½ pint boiling water gradually add, constantly stirring, 4½ oz. linseed meal or enough to thicken. This may be used to promote the ripening of boils, tumours, etc. *See also* LINSEED POULTICE, to prepare and apply.

POULTICE, MUSTARD, to make.

One part of mustard to three of linseed meal; each should be mixed separately with boiling water, and then the two mixed together, and spread on linen. The part where the poultice is applied should be examined after two hours in case of blistering. Four hours is long enough to keep it on.

POULTRY, to choose.

Always buy poultry when young, except for soup and stock. If young the breast-bone and the tips of the pinions will be soft, the beak brittle, the spurs short, legs smooth; the feathers downy and an absence of long coarse hairs. If in good condition the flesh should be firm, the breast plump, and there should be some fat. If too fat the flavour is rank and the flesh greasy. Poultry should always be cooked while fresh, staleness being very objectionable and easily detected by a faint unpleasant odour. When freshly killed there is no smell, the feet are limp and moist, and the eyes full.

When the flesh is discoloured or has begun to turn green it

should be rejected, and it is not advisable to purchase fowls with the skin torn in plucking or the breast-bone broken. This spoils the appearance when served.

White-legged fowls should be chosen for boiling, as they have the whitest flesh. Those with black or yellow legs are suitable for roasting, as the flavour is richer. When buying poultry already trussed from a poulterer it is advisable to wipe the birds carefully, pick them over and retruss them, replacing steel skewers or using a trussing needle and string for the wooden skewers used by the poulterer. These often impart a flavour to the flesh and are difficult to remove when the birds are cooked.

POULTRY, to keep fresh.

Pluck off the feathers, remove the crop and draw the inside. Wash them well in a couple of waters, rubbing all over with salt. Then place them in a saucepan of boiling water, drawing them up and down by the legs several times. After remaining in the pot for 5 minutes, hang them to drain in a cool place. When dry, well salt and pepper the insides and hang them up till required. Well wash in cold water before roasting.

POWDERS.

LICORICE.—This is very useful as a mild aperient for children. Dose 1 to 2 drams.

MAGNESIA.—Administered in doses of from 5 to 12 grains to children under 12 years of age, or from 20 to 30 grains for adults, it forms an excellent remedy for acidity of the stomach.

MAGNESIA AND RHUBARB.—For adults this acts as a mild purgative and is especially good for dyspepsia.

PRAWNS, to curry.

2 or 3 doz. prawns — 3 oz. Patna rice
½ pint curry sauce — lemon and parsley

(Enough for three or four people.)

Head, tail and shell prawns, make the curry sauce very hot, put in the prawns and heat them very slowly at the side of the fire. Serve very hot with a border of rice; garnish with cut lemon and parsley.

PRESENTS FROM A GENTLEMAN TO A LADY, etiquette regarding.

The rule as to just what kind of presents a gentleman may give to a lady is fairly clearly defined, and applies much the same to all grades of society.

Convention allows the engaged girl to receive presents of value from her fiancé, including jewels, furs, etc., but in the case of a mere friend or undeclared lover, the gifts should be restricted to

flowers, fruit, bonbons, tickets for entertainments, perhaps books, and so forth. It would be a breach of good taste for a man, who was not the girl's fiancé, to buy her a dress or a fur wrap of any value, purchased by him at a shop, but it would seem a different matter for one who travels to make presents of treasures brought from foreign lands, or the skins of creatures he had himself hunted.

PRESERVING, general hints on.

Fruit for jam-making should be dry, sound, and ripe; damp or over-ripe fruit causes jam to ferment or become mouldy.

As a rule use a pound of sugar with each pound of fruit, though less may be used if the jam is for immediate use.

For *Stone Fruit* use a pound of sugar with a pound of fruit.

For *Juicy Fruit* do not use water. In the case of hard fruits, add from ½ to 1 gill water. Add some kernels from the stones to plum jam. A gill of red currant juice added to each pound of fruit greatly improves raspberry and cherry jams.

The pan should be not more than three-quarters full and the jam should boil steadily and quickly. Skim well when the jam boils and when it appears thick and reduced in quantity, test by pouring a little in a saucer and allowing to cool. The jam is ready when it jellies. Allow it to simmer whilst testing.

JARS.—Should be quite dry and clean. Heat before filling them with jam, and either seal immediately or when cold.

PAN.—It is best to use a thick pan either of copper or iron lined with enamel.

SUGAR.—Use good cane sugar—cheap sugar causes considerable loss of jam owing to the large amount of scum that rises from it, in addition to spoiling the quality of the jam.

Long boiling hardens the fruit. If the jam "catches" at the bottom of the saucepan, immediately stand the pan in cold water, leave for a few minutes, and then place jam in another pan. After cleaning the original pan, replace the jam with a little more sugar. A little lemon juice will often remove any taste of burning. In making jelly do not squeeze when straining through jelly bags.

PRICKLY HEAT, to alleviate.

Take a warm bath with 4 tablespoonfuls of bicarbonate of soda in it. Scratching should be abstained from and the parts dusted with equal parts of powdered starch and zinc oxide. The bowels must be opened, and a dose of fruit salt taken in the morning before breakfast.

PRIMROSE, to cultivate.

This hardy perennial may be raised from seed sown in the open in some shady patch of ground during June or July, and it is wise to give a protection from slugs by a sprinkling of soot or wood ashes. As soon as the seedlings are strong enough to bear removal

they should be transferred to the place where they are intended to bloom, which should be a spot tempered from the fierce heat of the sun and with soil of stiff, moist loam. For the rock garden the Alpine primroses are very valuable.

PROPORTIONS, IN COOKING, general suggestions for.

BATTER, Pancake Batter.
8 oz. flour, 1 pint milk, 2 eggs.
More eggs and less milk for richer batter.

BREAD.
1. *Fermented—*
½ oz. yeast to 1 lb. flour.
1 oz. yeast to 3½ lb. flour.
2. *Baking Powder Bread, Unfermented—*
2 teaspoonfuls baking powder to 1 lb. flour.

CREAMS.
1. *Whole Creams—*
½ oz. gelatine to 1 pint cream.
2. *Custard and Fruit Creams—*
¾ oz. gelatine to 1 pint cream.

CUSTARDS.
1. *Plain—*
2 yolks of eggs and 1 oz. cornflour to 1 pint milk.
2. *Rich—*
4 yolks of eggs to ¾ pint milk.

JELLIES.
2 oz. gelatine to 1 quart liquid.
Aspic Jelly—2½ oz. gelatine to 1 quart liquid. Increase the proportion in hot weather.

MILK PUDDINGS.
2 oz. cereals to 1 pint milk.
1 oz. semolina to 1 pint milk.

MOULDS.
3 oz. whole cereals to 1 pint milk.
2 oz. ground cereals to 1 pint milk.

PASTRY.
1. *Suet Crust—*
8 oz. suet to 1 lb. flour (good).
6 oz. suet to 1 lb. flour and 1 teaspoonful baking powder (cheaper).
2. *Short Crust—*
8 oz. fat to 1 lb. flour.
6 oz. fat to 1 lb. flour and 1 teaspoonful baking powder.
3. *Flaky—*
10 oz. shortening to 1 lb. flour.
4. *Puff Pastry—*
1 lb. shortening to 1 lb. flour.

PROPORTIONS—*continued*

SAUCES.

1. *Foundation Sauces*—
   2 oz. butter, 2 oz. flour to 1 pint liquid.
2. *Thickened Gravies*—
   1 oz. butter, 1 oz. flour to 1 pint liquid.
3. *Stiff Binding Mixtures, (Panada)*—
   1 oz. butter, 1 oz. flour to 1 gill liquid.

SOUPS.

1. *Stock*—
   1 lb. bones or bones and meat to 1 quart cold water and 1 quart over for evaporation.
2. *Thick Soups*—
   1 oz. flour to 1 quart soup.
   1 oz. sago, rice, etc., to 1 quart soup.
3. *Purées*—
   2 oz. butter and 2 oz. flour to 1 quart purée.

PROTOSE CUTLETS.

6 oz. protose (minced)
3 oz. mashed potatoes
1 medium-sized onion
pinch pepper and salt
4 oz. bread-crumbs
1½ tablespoonfuls parsley, chopped finely

After mixing ingredients shape into cutlets and fry.

PRUNING, hints on.

This should usually be done in February or March.

Speaking generally, there can be no doubt that the root pruning of fruit trees is an essential in the production of a good crop of fruit, and if the tree be too large to lift conveniently, root pruning may be effected by digging away the soil from the roots until the strong feeders are disclosed, when, if too large for the knife, they may either be severed with a sharp chisel or with a fine-toothed saw, leaving the weaker roots untouched.

In cutting away the branches of fruit trees, especially in the case of wall-trained trees, care should be taken to use a thin, sharp knife, sufficiently keen to make a clean cut. If the cut be left with a rough, fractured edge the branch is liable to split, a result which is certain to be more or less deleterious to the tree.

For cutting thick branches the fine-toothed pruning saw should be used, afterwards smoothing the saw-cut with the pruning knife and smearing it over with grafting paste, so as to prevent the decay which might ensue from water getting into the heart of the wood. This paste may be made by melting in a pipkin, over a slow fire, equal quantities of mutton fat and bees-wax with about four times the quantity of pitch. It should be applied warm, while it is sufficiently liquid to be spread with a brush.

PUDDING, APPLE AMBER, to make.

2 lb. apples
1 lemon
1½ oz. butter
3 oz. sugar
3 eggs
short or flaky pastry

(Enough for six or seven people.)

Peel, core and slice the apples, put them in a stewpan with the grated lemon rind, juice and sugar, cook till quite tender, then pass it through a sieve; add the well-beaten yolks of eggs. Line the edges of a pie-dish and decorate them with pastry, pour in the apple mixture and bake in a quick oven for about half an hour. Whip the whites to a stiff froth with a little sugar, pile roughly on the top of the pudding, sift over some sugar and bake till crisp.

PUDDING, ARROWROOT, to make.

1 dessertspoonful arrowroot
½ pint milk
1 egg
sugar
flavouring

Mix the arrowroot smoothly with a little of the cold milk, put the rest of the milk into a saucepan and when boiling pour it on the arrowroot. Return to the saucepan and cook for 3 minutes, stirring all the time. Turn it into a basin, let it cool, add sugar and the yolk of the egg and the white beaten to a stiff froth. Stir lightly and pour into a buttered pie-dish and bake for about 10 minutes. It must not boil.

PUDDING, BACHELOR'S, to make.

2 oz. bread-crumbs
2 oz. flour
2 oz. suet
2 oz. raisins
2 oz. sugar
½ teaspoonful ground ginger
1 egg and little milk
½ teaspoonful baking powder
pinch of salt

(Enough for five or six people.)

Chop the suet finely, stone and cut the raisins across, put all the dry ingredients together, beat the egg with a little milk, stir well; put mixture into a greased mould sprinkled with brown sugar, cover with greased paper and steam for 1½ hours, and serve with a sweet sauce.

Sauce

1 oz. butter
¾ oz. flour
1 dessertspoonful sugar
1 gill water
1 gill milk

Cook the flour in the butter; add water and milk, boil and add sugar.

PUDDING, BAKEWELL, to make.

rough puff pastry
egg
its weight in butter
sugar
flour
½ teaspoonful baking powder
2 tablespoonfuls jam
1 white of egg

(Enough for seven or eight people.)

Line a plate with the pastry, work up the edges and decorate them, put the jam in the middle; cream the butter and sugar

together, add the egg and a little of the flour and beat well, stir in the rest of the flour and the baking powder; spread this over the jam. Bake in a quick oven for 30 minutes, whip the white of egg stiffly with some castor sugar, pile it roughly on the top and bake till crisp.

PUDDING, BEEFSTEAK, to make.

2 lb. steak
¼ lb. ox kidney
flour
salt and pepper

Pastry

¾ lb. flour
6 oz. suet.
½ teaspoonful baking powder
water to mix

(Enough for seven or eight people.)

Wipe and cut the meat into thin slices, roll a small piece of kidney in each, and dip into seasoned flour.

Mix the finely-chopped suet with the flour and baking powder; mix to a stiff dough, knead lightly. Place on a board, cut off a piece for the top, roll out and line a greased pudding basin; put in the meat with some stock or water, lay on the top, press the edges together, tie on a scalded and floured cloth and boil for 3 hours. Serve in the basin with a serviette pinned round and send a jug of boiling water to table with it.

PUDDING, BERESFORD, to make.

2 eggs
their weight in butter
sugar
flour
2 tablespoonfuls bread-crumbs
grated rind of 2 oranges
½ teaspoonful baking powder
pinch of salt

(Enough for five or six people.)

Cream the butter and sugar, sift the flour and add with the eggs alternately, beat well; add bread-crumbs and orange rind and lastly the baking powder. Put into a well-greased mould, cover with greased paper and steam 1½ hours.

Sauce

1 gill water
1 teaspoonful cornflour
rind and juice of 1 lemon
½ oz. sugar
juice of 2 oranges

PUDDING, BOILED BATTER, to make.

½ lb. flour
1 pint milk
2 eggs
pinch of salt
marmalade

(Enough for four or five people.)

Add the salt to the flour, make a well in the centre, drop in the eggs, mix smoothly with a little of the milk, beat till it bubbles; add the remainder of the milk and if possible allow the batter to stand; well grease the mould or basin, line with marmalade sauce. in the batter. Boil for 2 hours, and serve with marmalade sauce.

Note.—Currants may be used instead of marmalade, they sink

and form a black cap—called Black Cap Pudding. Serve with a sweet sauce.

PUDDING, BOILED FRUIT, to make.

½ lb. suet crust
any fruit
water
sugar

(Enough for six people.)

Well grease a pudding basin with butter or dripping, line with suet crust, put in some fruit, add the sugar and a little water, put in the rest of the fruit, cover with the rest of the pastry, tie on a scalded and floured cloth, and boil for 2 hours.

PUDDING, BREAD, to make.

¼ lb. stale bread
1 oz. suet or dripping
currants
½ oz. sugar
1 gill milk
1 egg
nutmeg
pinch of salt

(Enough for two or three people.)

Soak the bread in cold water, squeeze it dry, put a layer into a greased pie-dish, then a little chopped suet and some sugar and a few currants. Repeat this until the dish is nearly full, grate on a little nutmeg, beat the egg, mix with the milk, add a pinch of salt, and pour over the bread. Bake in the oven for about three-quarters of an hour.

PUDDING, BREAD AND BUTTER, to make.

slices of bread and butter
3 eggs
1½ pints milk
sugar
sultanas or currants
nutmeg

(Enough for four or five people.)

Well grease a pie-dish, put some sultanas or currants at the bottom, place in some slices of bread and butter (cut neatly and crust removed), butter side downwards, sprinkle over some sugar, a few more sultanas, more bread and butter, until the dish is three-quarters full. Beat up the eggs, add the milk, strain over the bread and butter; allow it to stand an hour to soak; grate over with nutmeg. Bake for an hour in a slow oven.

Note.—This pudding can be made in a mould and steamed. Serve with jam sauce.

PUDDING, BROWN BREAD, to make.

4 oz. brown bread-crumbs
2 oz. brown sugar
2 oz. butter
2 oz. glacé cherries
2 oz. peel
3 eggs
1 teaspoonful baking powder
pinch of salt
jam sauce

(Enough for five or six people.)

Cream the butter and the sugar, add the brown bread-crumbs and eggs alternately and beat well. Cut the cherries in half and add

with the baking powder, and stir in lightly the stiffly-whipped whites of eggs. Well grease and decorate a mould, put in the mixture, cover with greased paper and steam for an hour. Serve with jam sauce.

PUDDING, CABINET, to make.

4 sponge cakes
some ratafias
1 pint milk
3 eggs
essence of almond or vanilla
1 oz. sugar
1 oz. glacé cherries
1 oz. sultanas
1 oz. peel
jam sauce

(Enough for five or six people.)

Well grease a mould; decorate with cherries; cut the sponge cakes into dice, put in the mould in layers with chopped peel, sultanas and ratafias. Boil the milk, pour on to the well-beaten eggs; add the sugar and flavouring; pour in the mould. Allow it to soak, place over a greased paper and steam from 1 to 1½ hours. Let it stand for a few minutes before turning out. Serve with jam sauce.

PUDDING, CANARY, to make.

2 eggs
their weight in butter
sugar
flour
grated rind of 2 lemons
½ teaspoonful baking powder
pinch of salt

(Enough for five or six people.)

Cream the butter and sugar together, add the sifted flour and eggs alternately, beating well; add the grated lemon rind and lastly the baking powder. Put mixture into a well-greased mould and steam for 1½ hours. Serve with lemon sauce.

PUDDING, CHELMSFORD, to make.

1 oz. sago
1 gill milk
3 oz. bread-crumbs
2 oz. suet
½ oz. flour
1 oz. sugar
2 eggs
a few stoned raisins

(Enough for four or five people.)

Cook the sago in some water till tender and nearly dry, beat the eggs with the milk, add the bread-crumbs, sugar, chopped suet and flour to the sago and mix with the egg and milk. Well butter a mould or basin, line it with stoned raisins, put in the mixture carefully, boil for one hour and serve with a sweet sauce.

PUDDING, CHOCOLATE, to make.

2 eggs
their weight in butter
sugar
flour
2 bars of grated chocolate
½ teaspoonful baking powder
vanilla essence
pinch of salt

(Enough for five or six people.)

Cream the butter and sugar, add the sifted flour and eggs alternately, beating well; add grated chocolate and vanilla essence

and lastly the baking powder. Decorate the mould with blanched almonds or cherries and angelica. Steam for 2 hours.

Sauce

2 oz. chocolate
½ pint water
sugar
½ oz. crême de riz
vanilla essence
little brandy

Dissolve chocolate in the water, thicken with crême de riz, boil and add flavourings.

PUDDING, CHRISTMAS, to make. (No. 1.)

1 lb. raisins
1 lb. currants
½ lb. sultanas
1 lb. suet
1 lb. bread-crumbs
¾ lb. mixed peel
1 small nutmeg
¼ teaspoonful cinnamon
¼ lb. almonds
½ lb. sugar
10 eggs
1 pint milk
1 gill brandy
½ teacupful treacle
pinch of salt

Prepare all the ingredients carefully, mix well together, put into buttered basins, cover with greased paper and tie on cloths. Boil from 9 to 12 hours.

PUDDING, CHRISTMAS, to make. (No. 2.)

1 lb. flour
1 lb. bread-crumbs
2 lb. suet
2 lb. currants
2 lb. raisins
1 lb. sugar
¼ lb. candied peel
juice and rind of 2 lemons
1 lb. sultanas
1 nutmeg
¼ lb. almonds
½ oz. mixed spice
¼ teaspoonful salt
1 gill brandy
1 gill porter
8 to 10 eggs
milk if required

Prepare all ingredients carefully, mix thoroughly, put into buttered basins and boil for 9 hours.

PUDDING, CHRISTMAS (Very Plain), to make. (No. 3.)

1 lb. potatoes
⅓ lb. boiled and mashed carrots
½ lb. flour
½ lb. bread-crumbs
1 lb. raisins
1 lb. currants
½ lb. suet
¾ lb. sugar
2 oz. mixed peel
1 grated apple
1 teaspoonful spice
2 tablespoonfuls treacle
2 or 3 eggs
milk
salt

Prepare ingredients and mix all thoroughly with eggs and as much milk as required. Boil in well-greased basins for 12 hours.

PUDDING, COBURG, to make.

6 or 8 apples
marmalade
2 oz. cornflour
1 pint milk
strip of lemon rind
3 eggs
sugar
short or flaky crust

(Enough for six or seven people.)

Stew the apples till tender; line and decorate the edges of a pie-dish with pastry, put in a layer of stewed apples. Cover this with a little marmalade, then put another layer of apples. Mix the cornflour smoothly with some of the milk, put on the remainder to boil with the lemon rind, add the cornflour, stir till it thickens and cook thoroughly. Add the beaten yolks of eggs, pour over the apples in the pie-dish and bake in a moderate oven till pastry is cooked. Whip the whites stiffly, pile on the top, sprinkle with sugar and crisp in the oven.

PUDDING, COLD, to cook again.

If you have a large piece of boiled pudding left after dinner (such as plum or batter pudding), and you wish to cook it next day, tie it up in a cloth, and put it into a pot of boiling water, and keep it boiling hard for half an hour or more. It will be found as good as on the first day, and perhaps rather better; and it will be far more palatable, as well as more wholesome than if sliced, and fried, or broiled. Eat it with the same sauce as on the preceding day.

PUDDING, COLD LEMON, to make.

4 sponge cakes
2 oz. sugar
juice of 2 oranges
juice of 2 lemons
½ pint cold water
some blanched almonds
custard sauce or whipped cream

(Enough for five or six people.)

Add the juice of the oranges and lemons to the water with the sugar; put the sponge cakes in a glass dish and soak well with the liquid. When quite moist stick with blanched almonds cut in strips and pour over a thick custard or whipped cream.

PUDDING, DUTCH APPLE, to make.

1 lb. apples
2 oz. currants
2 oz. peel
3 or 4 oz. sugar
½ teaspoonful mixed spice
grated rind of ½ lemon or orange
juice of ½ lemon
10 oz. flaky pastry

(Enough for eight or ten people.)

Peel, core and chop or slice the apples, clean the currants and chop the peel; mix all the ingredients together; divide the pastry in half, roll out one portion to a square, put on a layer of the mixture, cover with other portion of pastry, fold over the edges, brush over with water, sprinkle with castor sugar, bake in a hot oven from half to three-quarters of an hour, cut into neat sections and serve hot or cold.

PUDDING, FIG, to make.

4 oz. flour
4 oz. bread-crumbs
6 oz. suet
4 oz. sugar
pinch of salt
½ lb. figs
2 eggs
½ pint milk
a little nutmeg

(Enough for six or seven people.)

Chop the suet and figs finely, mix with the dry ingredients; add the eggs well beaten and the milk, mix all thoroughly together; put into a greased basin, cover with prepared cloth and boil for 3 or 4 hours.

Note.—Dates may be used instead of figs.

PUDDING, GINGER, to make.

4 oz. flour
4 oz. bread-crumbs
4 oz. suet
2 oz. sugar
pinch of salt
2 tablespoonfuls treacle
2 eggs
1 dessertspoonful ground ginger
1 teaspoonful baking powder

(Enough for six or seven people.)

Mix all the dry ingredients together, stir in the beaten eggs and treacle—if too stiff add a little milk; pour into a greased mould, cover with greased paper and steam for 2½ hours. Serve with treacle sauce.

PUDDING, HALF-PAY, to make.

½ lb. flour
½ lb. suet
½ lb. raisins
½ lb. currants
½ lb. bread-crumbs
2 oz. candied peel
1 teaspoonful spice
pinch of salt
½ a cup of treacle
1 cup of milk

(Enough for eight or ten people.)

Chop the suet finely, stone and chop raisins, mix all the ingredients well together and boil for at least 4 hours.

PUDDING, ICE, to make.

¾ pint milk
1 egg
yolks of 2 eggs
2 oz. loaf sugar
½ oz. pistachio nuts
2 oz. dried fruits
½ oz. citron
1 gill cream
1 tablespoonful brandy
2 tablespoonfuls maraschino

(Enough for six or seven people.)

Make a custard with the eggs and milk; when cold put it into a freezing machine. When half frozen add the dried fruits cut in pieces, candied peel, chopped pistachios, brandy and maraschino, etc., and lastly the whipped cream. When well frozen pack into a pudding mould and leave to freeze in an ice cave till required.

PUDDING, JAM ROLY-POLY, to make.

½ lb. suet crust
jam

(Enough for six or seven people.)

Make the pastry, roll out to an oblong shape, spread with jam, moisten the edges, roll up, fold in a scalded and floured cloth and tie up the ends with string. Boil for 1½ hours; turn out carefully.

A treacle roll can be made in the same way, using golden syrup, some bread-crumbs and lemon juice instead of jam.

PUDDING, LEMON, to make.

6 oz. bread-crumbs
3 oz. brown sugar
3 oz. flour
1 egg and a little milk
3 oz. suet
2 lemons
1 teaspoonful baking powder
pinch of salt

(Enough for six or seven people.)

Chop the suet finely, mix with the flour, crumbs, sugar, grated lemon rind, salt and baking powder; beat the egg and add with enough milk to make into a stiff mixture; add the juice of the 2 lemons; steam in a greased mould covered with greased paper for 1½ hours.

Sauce

½ pint milk
1 dessertspoonful cornflour
½ oz. castor sugar
rind of ½ and juice of 1 lemon

Boil milk with lemon rind, pour it on the cornflour smoothly mixed, and cook for 10 minutes; add lemon juice and sugar.

PUDDING, LIVER AND KIDNEY, to make.

½ lb. ox kidney
2 oz. bacon
½ pint water or stock
½ lb. calf's liver
2 oz. dripping
1 oz. flour

For Pastry

6 oz. flour
1 oz. bread-crumbs
1 oz. flour
3 oz. suet
water
salt and pepper

(Enough for five or six people.)

Cut the bacon small and fry it in the dripping; cut up the liver and kidney, season with salt and pepper, fry lightly. Mix in bacon, flour, and add the stock or water. Make a suet crust, line a basin with it, put in the liver and kidney, cover with pastry and steam from 1½ to 2 hours.

PUDDING, LIVERPOOL, to make.

4 oz. bread-crumbs
4 oz. suet
4 oz. flour
2 oz. sugar
2 oz. currants
2 tablespoonfuls treacle
2 eggs
little milk
rind and juice of 1 lemon
1 teaspoonful baking powder
nutmeg
pinch of salt

(Enough for six or seven people.)

Mix all the dry ingredients together; beat up the eggs, add the

treacle, mix with the dry ingredients; add lemon juice, and a little milk if too stiff, pour into a greased basin or mould, cover with greased paper and steam for 2 hours. Serve with treacle sauce.

PUDDING, MACARONI, to make

2 oz. macaroni
1 pint milk
1 oz. sugar
1 egg
flavouring
nutmeg

(Enough for two or three people.)

Break the macaroni into short lengths and soak in the milk for some time. Put it in a saucepan and cook till tender; add the sugar, beaten egg and flavouring. Put into a greased pie-dish, grate over a little nutmeg and bake for about 20 minutes.

PUDDING, MADEIRA, to make.

2 eggs
their weight in butter
sugar
flour
2 oz. sultanas
1 oz. peel
essence of lemon
½ teaspoonful baking powder
pinch of salt

(Enough for five or six people.)

Cream the butter and sugar, add the sifted flour and eggs alternately and beat well; add the sultanas and chopped peel, flavouring and baking powder; put in a well-greased mould, cover with greased paper and steam for 1½ hours. Serve with jam sauce.

PUDDING, MANCHESTER, to make.

4 oz. bread-crumbs
1 pint milk
2 eggs
jam
1 oz. sugar
lemon rind
short or flaky crust

(Enough for five or six people.)

Boil the milk with strips of lemon rind, strain on to the crumbs, add the sugar. When cool add the yolks of the eggs; grease a pie-dish, line the edges with pastry, put a layer of jam on the bottom, pour in the mixture and bake for three-quarters of an hour. Whip the whites to a stiff froth, adding some sugar, pile roughly on the top of the pudding, sift over with castor sugar and bake till crisp.

PUDDING, MARMALADE, to make.

4 oz. flour
4 oz. bread-crumbs
4 oz. suet
2 oz. sugar
4 tablespoonfuls marmalade
2 eggs and little milk
½ teaspoonful baking powder

(Enough for six or seven people.)

Chop suet finely; mix all dry ingredients together; mix marmalade with beaten eggs and add, using a little milk if necessary; put into a greased basin or mould, cover with greased paper and steam for 2½ hours. Serve with sauce.

PUDDING, MONKS, to make.

some stale sponge cakes
apricot jam
3 eggs
2 oz. butter
1 oz. sugar
1 gill sherry

(Enough for three or four people.)

Place the sponge cakes in a buttered pie-dish, pour over the sherry and allow them to soak. Spread over a thin layer of apricot jam; melt the butter, add to well-beaten eggs and sugar and pour over the sponge cakes. Bake slowly in a moderate oven. Serve hot or cold.

PUDDING, ORANGE, to make.

3 oz. butter
4 oz. sugar
4 oz. flour
2 eggs
pinch of salt
grated rind of 2 oranges
juice of 1 orange
½ teaspoonful baking powder

(Enough for five or six people.)

Cream the butter and sugar together, add the eggs and flour alternately, beating well between each; add grated orange rind, juice and lastly baking powder. Well butter a mould, decorate with quarters of orange, pour in the mixture, cover with buttered paper and steam for 1½ to 2 hours. Serve with orange sauce.

PUDDING, ORLEANS, to make.

3½ oz. butter
3½ oz. flour
1½ oz. sugar
4 oz. marmalade
2 eggs
1 tablespoonful milk
½ teaspoonful carbonate of soda
pinch of salt

(Enough for five or six people.)

Cream the butter and the sugar, add eggs and flour alternately, beating well; add marmalade, and last the carbonate of soda dissolved in the milk. Put in a well-greased mould and steam for 1½ hours. Serve with marmalade sauce.

PUDDING, PINEAPPLE, to make.

½ tin pineapple chunks
2 oz. butter
2 oz. flour
¾ pint milk
2 eggs
1½ oz. sugar
short or flaky pastry

(Enough for six or seven people.)

Line the edges of a pie-dish with pastry, making a double border; cut the pineapple into small pieces, put into the pie-dish with a little of the syrup. Make a sauce with the butter, flour and milk; stir till it boils; cook for five minutes; let it cool and add the beaten yolks, sugar and little syrup; pour over the pineapple. Bake in the oven till the pastry is cooked; whip the whites stiffly with castor sugar added; pile on the top; decorate with a few pieces of pineapple and bake till crisp.

PUDDING, PLAIN PLUM, to make.

½ lb. flour
3 oz. suet
1 oz. raisins
1 oz. currants
2 tablespoonfuls golden syrup
½ teaspoonful carbonate of soda
pinch of salt
water to mix

(Enough for six or seven people.)

Chop the suet and mix with the flour; stone and chop the raisins, clean the currants, dissolve the soda in a little water, mix in with the syrup; make into a light dough with water; steam in a prepared basin covered with a greased paper for 1½ to 2 hours. This mixture can be cooked in the oven in a pie-dish.

PUDDING, PRESERVED GINGER, to make.

2 eggs
their weight in butter
sugar
flour
3 oz. preserved ginger
½ teaspoonful baking powder
pinch of salt

(Enough for five or six people.)

Cream the butter and sugar, add the sifted flour and eggs alternately, beating well between each addition; add finely-chopped ginger and lastly the baking powder. Put in a well-greased mould, cover with greased paper and steam for 2 hours.

Sauce

1 gill water
1 stick ginger
juice of 1 lemon
strip of lemon rind
1 tablespoonful brandy
2 oz. sugar
1 glass sherry

Boil and strain.

PUDDING, RAISIN, to make.

¾ lb. flour (or ½ lb. flour and 4 oz. bread-crumbs)
6 oz. suet
¾ lb. raisins
3 oz. sugar
½ pint milk
pinch of salt

(Enough for six or seven people.)

Chop suet finely, stone and divide raisins, mix all ingredients together with the milk; put mixture into a well-greased basin, tie securely with prepared cloth and boil for 3 or 4 hours. Sift sugar over when turned out.

Note.—Dates or figs may be used instead of raisins.

PUDDING, RASPBERRY, to make.

2 eggs
their weight in butter
sugar
flour
2 tablespoonfuls raspberry jam
½ teaspoonful baking powder
pinch of salt
carmine colouring

Cream the butter and sugar, add the sifted flour and eggs alternately, beating well between each; add jam and lastly the baking powder and a drop or two of colouring if required. Put in

a well-greased mould, cover with greased paper and steam for 2 hours.

Sauce

3 tablespoonfuls raspberry jam
1 gill water
lemon juice
colouring

Boil for 6 minutes and strain.

PUDDING, RICE, to make.

2 oz. rice
1 pint milk
sugar to taste
1 teaspoonful chopped suet
nutmeg

(Enough for two or three people.)

Wash the rice, put into a pie-dish with the sugar and milk, sprinkle over the finely-chopped suet and grate with nutmeg. Bake in a slow oven for 2 hours.

Note.—Sago and tapioca can be cooked in the same way, using same quantities.

PUDDING, SAGO, to make.

2 oz. sago
1 pint milk
½ oz. sugar
any flavouring

(Enough for two or three people.)

Wash the sago, put into a saucepan with the milk, cook till transparent, add the sugar and flavouring, put in a greased pie-dish and bake in a quick oven. Serve hot or cold.

Note.—Rice and tapioca can be cooked as above.

PUDDING, SEMOLINA, to make.

½ oz. semolina
½ pint milk
1 teaspoonful sugar
1 egg

(Enough for one or two people.)

Boil the milk, shake in the semolina, cook till transparent; add the sugar, remove from the fire; add the beaten yolk of egg. Beat the white to a stiff froth with a pinch of salt, stir in lightly; flavour with vanilla or lemon; put into a greased pie-dish and bake in a moderately quick oven. Serve hot or cold.

PUDDING, SPONGE, to make.

2 eggs
2 oz. butter
1 teacupful flour
½ teacupful sugar
2 tablespoonfuls water
2 teaspoonfuls baking powder
pinch of salt
jam

(Enough for four or five people.)

Mix the eggs, butter (melted) and sugar together and beat well, sift in the flour and baking powder and add the water; pour into a well-greased pie-dish and bake in a moderate oven. When cooked turn out and spread a layer of jam on top. Serve hot or cold.

PUDDING, SUMMER, to make.

any suitable fruit
sugar
bread
custard sauce

Stew the fruit with sugar; line a pudding basin with thin slices of stale bread, fitting to a round at the bottom, pour in the stewed fruit gradually, allowing the bread to get well soaked with the syrup; place on a round of bread, cover with a plate and allow to stand till quite cold and set. Turn out and serve with thick custard sauce or cream.

Note.—The best fruits to use for this pudding are raspberries, red currants and black currants.

PUDDING, TAPIOCA. *See* PUDDING, SAGO, and PUDDING, RICE.

PUDDING, TREACLE, to make. (No. 1.)

½ lb. flour
3 oz. suet
½ oz. candied peel
1 gill milk
3 tablespoonfuls treacle
1 dessertspoonful ground ginger
½ teaspoonful carbonate of soda

(Enough for six or seven people.)

Put flour into a basin, shred and chop the suet, add all the dry ingredients; dissolve the soda in some of the milk, add with the treacle and the rest of the milk, mix thoroughly; put into a greased basin, boil for 2 hours and serve with following sauce.

Sauce

½ oz. butter
½ oz. flour
little sugar
1 gill milk
little lemon juice

PUDDING, TREACLE, to make. (No. 2.)

½ lb. flour
6 oz. suet
4 tablespoonfuls treacle or golden syrup
2 eggs
1 gill milk
juice and rind of lemon

(Enough for six or seven people.)

Chop the suet finely, add to the flour with grated rind of lemon and a pinch of salt. Beat the eggs, add to the treacle, stir into dry ingredients; add the milk, mix thoroughly and boil in a greased basin for 3 or 4 hours. Serve with syrup sauce.

PUDDING, TREACLE ROLY-POLY. *See* PUDDING, JAM ROLY-POLY.

PUDDING, VIENNOISE, to make.

5 oz. stale bread
3 oz. sultanas
3 oz. castor sugar
3 eggs
1 oz. peel
grated rind of lemon
¾ pint milk
1 gill sherry
1 oz. loaf sugar
German sauce

(Enough for five or six people.)

Cut the bread into small dice and soak in the sherry; put the

loaf sugar in a saucepan with a little water and teaspoonfuls of lemon juice and boil together till a rich brown; add the milk gradually; beat the eggs and strain the milk into them; mix the fruit with the bread, pour over the milk and eggs, and turn into a well-buttered and decorated mould. Steam slowly for 1½ to 2 hours. Serve with German sauce.

PUDDING, YORKSHIRE, to make.

½ lb. flour
1 pint milk
2 eggs
1 oz. dripping
salt

Add the salt to the flour; make a well in the centre and drop in the eggs; add a little milk and mix smoothly; beat until it bubbles; add the remainder of the milk and, if possible, stand aside for an hour or two. Melt the dripping in the tin; make it quite hot and pour in the batter. Bake in a quick oven; serve on a hot dish; cut in neat sections.

PUDDINGS, BOILED.

Instead of cloth use a double piece of grease-proof paper over the basin; tie down with string. This prevents grease boiling out or water getting in.

PUDDINGS, QUEEN OF, to make.

1 pint of milk
5 oz. bread-crumbs
2 eggs
1 oz. butter
lemon flavouring
2 oz. sugar
jam

(Enough for three or four people.)

Boil the milk with some strips of lemon peel, strain it over the bread-crumbs and cook them for a few minutes. Allow the mixture to cool slightly, add the butter, sugar and yolks of eggs, pour it into a buttered pie-dish, and bake in the oven for about half an hour. Spread the jam over. Make a meringue with the stiffly-beaten whites and some sugar, pile it on the top of the pudding and bake till crisp.

PULSE, a table for indicating the state of health by means of the.

The following table shows the pulsation of the heart per minute in a healthy individual.

AGE	PULSATIONS PER MINUTE
Baby up to 1 year	130 to 140
At 2 years	100 to 110
,, 3 years	90 to 100
,, 7 years	85 to 90
,, 14 years	80 to 85
Adult	75 to 80
Aged person	about 60

PUMPKIN, to cultivate.

Sow seed in April in a hotbed. Transplant to any open, sunny spot in May on good stable manure.

PURÉE, GREEN PEA, to prepare.

2 pints of peas	1 small onion
sprig of mint	1 teaspoonful castor sugar
sprig of parsley	salt and pepper
1 quart white stock	1 gill cream

(Enough for four people.)

Boil the stock, add the peas and the shell, mint, parsley and onion; boil till peas are tender, pass through a hair sieve, return to the saucepan; add the cream, sugar and seasoning, reheat it, but do not allow to boil. Serve with croûtons of fried bread.

PURGATIVES.

The common purgatives in use are: blue pill, Epsom salts, Carlsbad salts, jalap, senna. They should not be used habitually as they tend to exhaust the bowels. Purgatives must be given with caution to children, delicate people and the aged, also during the monthly periods and pregnancy. In ulcerated conditions of the bowels, and with people suffering from piles, they should be avoided. If the bowels require unloading a blue pill at night, followed by a Seidlitz powder the next morning before breakfast, will answer the purpose in most cases.

PUTTY, GLAZIERS', to make.

Mix together to a thick paste whiting and linseed oil.

QUAIL, to roast.

Pluck, singe, draw and truss the quails, removing head and neck and cutting off the wings at the first joint. Cover the breasts first with vine leaves and then with slices of fat bacon. Roast in brisk oven for about quarter of an hour, basting frequently. To dish, remove the trussing string and serve on hot toast, decorating with watercress. Fried bread-crumbs and gravy should be served separately.

QUEEN OF PUDDINGS. *See* PUDDINGS, QUEEN OF.

QUENELLES, BEEF, to prepare.

4 oz. lean beef	stock
1 oz. bread-crumbs	salt and pepper
1 egg	gravy

Slightly grill the meat, trim off all the fat and skin, mince it and then pound it in a mortar; pass it through a wire sieve, add the bread-crumbs, beaten egg, salt and pepper, and about a tablespoonful of stock. Form into egg shapes with two dessert spoons, place them in a buttered sauté pan, pour round some hot stock and poach very slowly from 10 to 15 minutes. They should be covered with greased paper. Drain them on a clean cloth. Serve them with a good gravy.

Note.—Chicken quenelles can be made in the same way by using chicken instead of beef.

QUENELLES, VEAL or CHICKEN, to prepare.

1 lb. veal or chicken	salt and cayenne
1 oz. butter	lemon juice
1 oz. flour	potatoes for border
1 gill white stock	béchamel sauce
2 eggs	vegetables for garnish

(Enough for six or seven people.)

Pass the meat twice through a mincing machine; make a panada with butter, flour and stock, put it into a mortar with meat and eggs, pound it to a cream, pass it through a sieve, season well, and make it into shapes with two dessert spoons dipped in hot water. Place them into a well-greased sauté pan, pour in enough boiling water to nearly cover and poach for 15 minutes covered with buttered paper; drain on a cloth, dish on a border of mashed potatoes, coat with béchamel sauce; fill the centre with any suitable vegetable, such as peas, beans or tomatoes.

QUINCE JAM. *See* JAM, QUINCE.

QUINCE JELLY. *See* JELLY, QUINCE.

QUININE.

This is recommended as an excellent tonic in cases of debility and can be purchased either dissolved in steel drops, in pill form, or in the form of orange and quinine wine. It will also help greatly in relieving neuralgia, whilst ammoniated tincture of quinine is splendid for warding off colds.

QUINSY (ABSCESS IN THE TONSIL), to relieve.

The patient should be in bed, and take fluid diet, mutton broth, beef tea, and milk; and given small pieces of ice to suck. Hot fomentations should be applied to the neck, and the throat steamed over hot water; the bowels should be well opened and kept free. If the abscess does not burst naturally it may have to be opened by a surgeon.

RABBIT, to boil.

1 rabbit	chopped parsley
1 pint white sauce	bacon or pork

(Enough for four or five people.)

Skin and cleanse the rabbit, slit the thighs so as to be able to draw the legs forward, turn the head to the right side, pass a skewer through the legs, shoulders and out through the head, keeping the rabbit as flat as possible. Boil gently for about an hour. When tender place on a hot dish, remove the skewers and string, coat with parsley sauce, and garnish with the liver boiled and finely chopped. Onion sauce can be used instead of parsley sauce if liked. Serve with boiled bacon or pork.

RABBIT, to roast.

1 rabbit
veal forcemeat
gravy
slice of bacon

(Enough for four or five people.)

Skin and wash the rabbit, make some veal stuffing, parboil the liver, chop it and add to the stuffing, fill the body and sew it up, truss as a roast hare, bringing the legs forward and the head back on the body, bind with tape, and roast for 1½ to 2 hours; baste frequently. A slice of fat bacon can be laid on the back. Flour well at the end to make it brown. Dish on a hot dish, remove skewers and tape, and serve with gravy made as for roast meat and bread sauce or with piquante sauce.

RABBIT, to stew.

1 rabbit
1 onion
2 oz. butter or dripping
2 oz. flour
1 pint of stock
bunch of herbs
salt and pepper

(Enough for five or six people.

Skin and wash the rabbit, cut into neat joints; melt the butter or dripping in a stewpan, fry the chopped onion a nice brown, remove it, dip the rabbit into flour and fry; take out the joints and brown the flour, taking care it does not burn. Add the stock, stir till it boils, put back rabbit, onion, add the herbs; simmer gently for 3 hours, season well, place joints in centre of a hot dish and strain the gravy over.

RABBIT PIE. *See* PIE, RABBIT.

RABBIT SKIN, to dress.

Stretch out the skin and tack it down on a board (fur downwards). Clean with a rag, covering the skin with acetic acid to remove all unpleasant smells. Place in the open air (preferably in the sun) whilst still on the board and leave till dry.

RADISHES, to grow.

Sow at intervals of three or four weeks from February to June. Cover with light litter in cold weather, removing it whenever warmer. The turnip-rooted variety may be sown in July and the black and white turnip-radish (for winter use) in August to October.

RAINCOATS, to wash.

The following recipe may safely be used for washing raincoats without the slightest fear of damaging the rainproof qualities. Dissolve 1 lb. alum in 3 gallons of cold water. Use the solution for washing the coat. Do not use soap.

RAISIN PUDDING. *See* PUDDING, RAISIN.

RANUNCULUS (BUTTERCUP), to cultivate.

Among the cultivated spices the Alpine buttercup makes a good plant for the rock garden if set in a moist and porous soil. The bulbs should be planted in the latter half of February, claw downwards, about 2 inches deep, and as soon as the leaves fade, after

flowering, they should be lifted and stored in a cool place in sand, as they seldom withstand the cold rains of winter, though delighting in warm moisture.

RASHES, to recognize diseases by.
("I" after the name of the disease indicates infectious.)

DISEASE.	Where the rash FIRST appears.	Its appearance.	Day when rash appears.
Chicken-pox (I) .	Face, head, back	Small red, raised spots, rather resembling flea bites.	1st or 2nd
German Measles (I) . . .	Face	Similar to measles but smaller and paler. Often very irritating.	2nd
Measles (I) . .	Face, arms, behind ears	Dark, crimson pin-point spots.	4th
Nettle Rash .	Any part of the body	Raised white lumps on a red surface. Very much like "heat-spots." Very irritating.	1st
Scarlet Fever (Scarletina) (I)	Neck, back, chest	Small, bright red dots close together.	2nd
Septic Poisoning	———	Very similar to Scarlet Fever.	——
Smallpox (I) .	Face and wrists	Somewhat resembling Chicken-pox.	3rd
Typhoid Fever (I)	Abdomen, back and chest	A few small, pale pink spots.	10th

RASPBERRIES, to preserve. *See* STRAWBERRIES.

RASPBERRY, to cultivate.

The soil for raspberry canes should be light and of sandy substance, while a yearly dressing of manure is necessary to induce vigorous growth. Every autumn before manuring is done, the stray suckers should be removed and the pruning of the canes attended to. Cut down close to the ground all but four canes, but should they be weak leave only three, two, or even one. None of the canes, even if they be strong and vigorous, should be allowed to exceed (say) 5 feet in height, and the tops should be cut off accordingly and brought to a uniform height for each stool, and the canes should be looped to it at the top and half-way down. In pruning it is necessary to bear in mind that new wood is required each year, as those canes which have borne fruit never do so a second time. The stools should not be crowded too closely together, so as to prevent the free access of sun and air. A radius of 3 or 4 feet should be allowed to each stool.

RASPBERRY CORDIAL, to make.

Pour over 6 lb. ripe raspberries 3 oz. tartaric acid dissolved in 1 quart water. Strain through a jelly bag after remaining standing for 3 days; do not press the fruit. To each pint of juice allow 1¼ lb. loaf sugar. Stir till dissolved, and bottle. Keep in a warm place, but do not cork for a fortnight. Then remove to a cool dark cellar or pantry. Add a little to cold water to make a delicious drink.

RASPBERRY JAM. *See* JAM, RASPBERRY.

RASPBERRY VINEGAR, to prepare.

Use freshly gathered raspberries and pick them from the stalks. Pour 3 pints of best vinegar over every 1½ pints raspberries in a stone jar and leave for 24 hours. Strain the liquor over another 1½ pints raspberries, leave for another 24 hours and repeat the process. Drain off the liquor without pressing and pass it through a jelly bag (previously moistened with vinegar) into a stone jar. To every pint of liquor add 1 lb. of pounded loaf sugar, stir until sugar is dissolved, then cover the jar. Boil for an hour in a saucepan of boiling water, removing the scum as it rises. To every pint add a glass of brandy; bottle and seal the corks.

RATAFIAS, to prepare.

Make as per recipe for macaroons, but flavour with ratafia essence and make biscuits much smaller—not larger than the size of a shilling.

RATS, the prevention and extermination of. *See* MICE.

RED CURRANT JELLY. *See* JELLY, RED CURRANT.

RED CURRANT TART. *See* TART, FRUIT.

RED MULLET, to cook.

4 mullet
1 oz. butter
lemon juice
1 glass port or claret
anchovy essence
½ pint white sauce
salt and cayenne

(Enough for four people.)

Wash the fish and dry thoroughly in a cloth; do not open it, only remove the gills and small intestine, which will come out with them; squeeze over some lemon juice, sprinkle with salt and pepper, wrap each fish in thickly-buttered paper, place on a baking tin and bake in a moderate oven for 20 minutes. Serve in the paper cases. Add to the white sauce, some lemon juice, anchovy essence, cayenne and a glass of port or claret and the liquid which has flowed from the fish; serve this sauce with the fish.

RELAXED THROAT.

Causes.—Excessive use of the voice; over-indulgence in tobacco —especially cigarettes—and alcohol.

Symptoms.—The throat is sore, and the person is always clearing his throat. The glands in the neck may enlarge.

Treatment.—Rest of the voice and moderation in smoking and drinking. The throat should be gargled with lukewarm Condy's fluid night and morning and chlorate of potash lozenges sucked during the daytime. Parrish's food—a teaspoonful three times a day—will act as a tonic. Change of air to the seaside is beneficial.

RHEUMATIC GOUT, treatment of.

The diet should be good and easily digested, and beer avoided. The joints should be wrapped in flannel, and protected from injury. Massage liniments and gentle movements may do good. Liniment of iodine painted over the joint till it produces slight blistering is beneficial.

RHEUMATIC PAINS, to alleviate. *See* LUMBAGO.

RHEUMATISM, a liniment for.

Mix equal parts of oil of wintergreen and olive oil.

RHEUMATISM, MUSCULAR.

Causes.—Cold and damp, strain, excessive muscular exertion.

Symptoms.—One set of muscles is affected as a rule. It may be the back, sides of the chest, neck, shoulder, or scalp.

Treatment.—Rest and the application of hot flannels. The part may be covered with a cloth and a hot iron run over. Massage, Turkish baths, and electricity afford relief, but great care must be taken not to catch cold after a bath, as this will make the affection worse. Ten grains of salicylic of soda should be taken at bedtime when the pain is very troublesome.

RHODANTHE, to cultivate.

A half-hardy annual, one of the brightest of "Everlasting" flowers and useful also for the garden border. *R. Manglesi* is the original species, and has rose-coloured blossoms with yellow centres, while *R. maculata* may be had with either white or carmine flowers. *R. atro-sanguinea* differs from the foregoing by being more branched and of dwarfer growth, and bears flowers of bright magenta, but it is somewhat tender. Seed should be sown in heat in February or March, and the seedlings pricked off as soon as possible, as they do not transplant successfully except when quite small.

RHODODENDRONS, to cultivate.

Grow in heath-mould, with a good bottom drainage, and keep in a damp atmosphere as drought kills them. They may be multiplied by grafting and layering, but the best plants are grown from seed, sown in a pan of fine heath-mould and gently pressed down. Stand this pan in another full of water and cover with glass until the seedlings sprout. Prick out in the second year, and in the fourth year move farther apart, where they should remain till strong enough to be transplanted to the permanent position. In transplanting take a good lump of earth with the root. Rhododendrons grow best if planted under a high tree.

RHUBARB, to force.

Rhubarb may be forced in a pit, cellar, or a shed if the light is excluded and the plants are protected from rain. Lift the stools with the surrounding soil and pack them closely together in the place prepared. A good dressing of well-rotted manure should be dug in about the roots after pulling the leaves.

RHUBARB, to make fresh plantations.

In February or March divide part of the rhubarb bed into plants having one eye apiece, and replant a yard apart in good soil. These new plants should be left until next season before being gathered from.

RHUBARB JAM. *See* JAM, RHUBARB.

RHUBARB TART. *See* TART, FRUIT.

RICE AND CHEESE, to prepare a tempting dish with. (No. 1.)

4 oz. rice
milk
2 oz. grated cheese
salt and cayenne

(Enough for three or four people.)

Boil the rice in milk or milk and water till well cooked, add the grated cheese, keeping back a little, season well with salt and cayenne, put it into a greased pie-dish, sprinkle over the remainder of the cheese and brown in the oven. This is a good way of using up dry pieces of cheese.

RICE AND CHEESE. (No. 2.)

Put 1 lb. of rice to 5 pints of cold water, boil it gently for 4 hours, by which time it will become a thick paste; then add 2 pints of skim milk, and 2 oz. of strong cheese grated fine, a little pepper and salt, and boil the whole very gently for another hour.

RICE BLANCMANGE or MOULD, using ground rice.

2 level tablespoonfuls ground rice
1 pint milk
sugar to taste
little lemon rind to flavour

Make the ground rice into a smooth paste with 2 or 3 tablespoonfuls of cold milk. Place the rest of the pint of milk in a saucepan with the lemon rind and sugar. After bringing to the boil allow to simmer very gently for about 20 minutes and then remove the lemon rind. Pour the hot milk gradually over the ground rice, stirring all the time to keep it smooth, and then return to the saucepan and boil for a further 10 minutes, stirring all the time to prevent burning. To set turn into a mould which has been well rinsed out with cold water.

RICE, LEMON, to prepare.

3 oz. rice
2 eggs
1 pint milk
1 lemon
little apricot jam
1 oz. sugar

(Enough for three or four people.)

Cook the rice in the milk with the grated lemon rind. When quite tender add the well-beaten yolks of eggs, sugar and lemon juice, put it in a buttered pie-dish, and cook in the oven till firm. Spread over a thin layer of apricot jam. Make a meringue with the whipped white of egg, pile on the top and crisp in the oven.

RICE MOULD, to prepare.

3 oz. rice
1 pint milk
2 oz. sugar
flavouring

(Enough for three or four people.)

Wash the rice, allow it to soak in the milk for some time, put into a saucepan and cook till tender and the milk is taken up; add the sugar and flavouring, pour into a wet mould, turn out when cold and serve with stewed fruit or jam.

RICE, PATNA, to boil.

rice
lemon juice
salt

Have a large white-lined pan with plenty of boiling water, wash the rice, plunge it into the water, to which lemon juice and salt have been added. Boil fast, stirring occasionally. Test by breaking a grain between finger and thumb. When tender pour in a cup of cold water to stop the boiling, drain on a sieve, pour cold water over

to separate the grains. Dry on a greased paper in a cool oven or in the saucepan covered with a clean cloth.

RICE PUDDING. *See* PUDDING, RICE.

RICKETS, to cure.

Give the child a nourishing diet which should include good milk, cream, whey and raw meat juice. Plenty of fresh air and a dry atmosphere are important. The following powder should be taken night and morning: 6 grains carbonate of iron, 4 grains powdered rhubarb, and a little lime-water should be mixed with all the drink.

RING, TIGHT, to remove.

Pass a needle and cotton under the ring. Pull the cotton up towards the hand and twist the rest of the cotton several times round the finger until it reaches the nail. Take hold of the end nearest the hand and it will be an easy matter to slip the ring off the finger. Or wash the hands in warm soapy water.

RINGWORM, a lotion for.

2 scruples sulphate of zinc
15 grains sugar of lead
6 oz. water.

Wash the affected parts two or three times every day.

RINGWORM, to make an ointment for.

Mix together on a good heat for an hour 2 pennyworth of linseed oil, 3 pennyworth of white wax and 1 pennyworth red precipitate powder. A few applications will effect a cure.

RINGWORM, to treat.

This is very contagious and the sufferer should sleep alone and use separate towels, etc. Wash the affected place with iodine or a solution of sulphurous acid. Keep clean and apply a weak ointment of oleate of mercury.

RISOLTO À L'ITALIENNE, to prepare.

2 oz. butter
½ lb. rice
1 shallot
1 pint stock
¼ pint tomato sauce
2 oz. Parmesan cheese
little nutmeg
salt and pepper

Chop the shallot finely and cook in the butter; wash, drain and dry the rice and fry lightly; add the stock by degrees as the rice swells, stir in the tomato sauce, season well, and add a grate of nutmeg. When rice is tender add the grated cheese. Serve very hot.

RISSOLES, to prepare.

¼ lb. cold meat
4 tablespoonfuls bread-crumbs
1 oz. butter
1 oz. flour
egg and bread-crumbs
¼ pint stock
1 teaspoonful chopped parsley
½ teaspoonful anchovy sauce
salt and pepper

(Enough to make six rissoles.)

Mince the meat finely, mix in the bread-crumbs, parsley and flavourings; cook the butter and flour together, add the stock, boil well, mix in the anchovy sauce and add to the meat; allow it to cool, form into balls with a little flour, coat with egg and bread-crumbs and fry in hot fat. Dish on hot dish with fancy paper; garnish with fried parsley.

RISSOLES À LA POMPADOUR, to prepare.

4 tablespoonfuls minced chicken, rabbit or veal
4 tablespoonfuls ham or tongue
½ oz. flour
½ oz. butter
¼ pint stock
3 mushrooms
¼ lb. short crust
salt and pepper
egg and bread-crumbs

(Enough to make eight rissoles.)

Make a panada with the butter, flour and stock, cook well, add the minced chicken, mushrooms, ham and seasoning, allow it to cool; make the pastry, roll out very thin and cut into rounds; put a little of the mixture on one round and cover with another, pinch the edges together, coat with egg and bread-crumbs and fry a golden brown in hot fat. Dish in a circle with fried parsley in the centre.

RISSOLES, PASTRY, to prepare.

minced meat
½ oz. butter
½ oz. flour
1 gill stock
salt and pepper
egg and bread-crumbs.

For Pastry

4 oz. flour
2 oz. butter or dripping
water to mix
salt

(Enough to make eight rissoles.)

Make the sauce (cold sauce will do, if any), mix with the meat, season well. Rub the butter into the flour, mix stiffly, roll out very thinly, cut into rounds, brush round edges with egg, put a portion of the mixture on each, fold over, cut into half-moon shapes, coat with egg and bread-crumbs or egg and crushed vermicelli, and fry in hot fat. Dish on a hot dish with fancy paper; garnish with fried parsley. These are suitable for picnics when cold.

RIVER ETIQUETTE.

Whether staying up the river or merely having travelled by train or car to enjoy its delights for a few hours, there are rules which all who use it should observe.

The rule of the river is that small craft should, when travelling

against the stream, keep in near the banks, but those coming down with the stream should be in the middle.

In the former case another boat—meaning any small craft—travelling the same way and wishing to pass one in front, must not push between it and the bank, but make a detour to pass it on the wide side of the river.

A sailing-boat, tacking about, has certain rights, and other types of craft should give it as much room as possible, never, if avoidable, cutting across its tacking radius.

If, when going up-stream, a boat keeping its correct place near the bank sees another coming down-stream, wrongly travelling also near the bank, the up-going craft should keep to its correct place, though a warning may be called to those who are in error. An exception may arise when passing anyone fishing from the bank, for an ill-bred want of consideration is shown by those who send their craft across an angler's line or make more than needful noise and disturbance of the water in its vicinity.

Large and power-propelled craft, such as barges, or steam, electric, and petrol launches, are privileged to take whatever part of the river is expedient for them, and smaller craft must give way, though keeping watchful that any deviation from their own correct course does not cause any accident or undue inconvenience to other small craft behind them, giving if necessary a signalled or spoken warning.

Upon reaching a lock, never try to get in ahead of others who are before you. Keep in your place quietly and ship oars or poles without splashing or annoying occupants of other craft. When much traffic has to pass through the lock, it may be impossible to avoid a little bumping and pushing, but every care should be taken and an apology made if occasion calls for one. It is unpardonably rude to force your way into a better position by pushing, pulling or hanging on to another boat to the disadvantage of the latter, and both risky and ill-timed to attempt any changing of seats while waiting for a lock to fill or empty or while in the lock. Launches and other large craft have precedence in passing through a lock.

Girls may go unchaperoned on visits to riverside houses and house-boats presided over by a hostess, but they would not accept an invitation from a bachelor or widower without being accompanied by parents or a chaperon, unless the presence were assured of a hostess who would satisfy the conventions.

Boisterous shouting and laughter or any kind of rowdyism and "horse-play," with needless changing of places and splashing of oars, all betray a lack of breeding that is particularly conspicuous and objectionable on the river, as is also any other want of consideration for one's fellow, such as mooring up close to another boat or punt when there is plenty of room elsewhere along the banks.

ROCKET (HESPERIS), to cultivate.

This old garden favourite is a hardy perennial with sweet-

scented spikes of purple or white flowers. It blooms freely and attains a height of about 18 inches, but to bring it to perfection it needs a rich, moist soil, and even then is the better for division and transplanting into fresh ground. Seeds should be sown in spring in a sunny situation and the seedlings transplanted in due course.

ROES, SOFT, ON TOAST, to prepare.

anchovy paste	herring roes
cayenne pepper	salt

Cut buttered toast into finger-lengths after removing the crusts and spread thinly with anchovy paste. Rinse soft roes in cold water, dry with a cloth and cook lightly in a little butter in a frying-pan. Put a roe on each piece of toast and serve hot, sprinkled with salt and cayenne.

ROLLS, to make. *See* BREAD.

ROLY-POLY, COLD MEAT, to make.

6 oz. flour	cold meat
2½ oz. suet	onion
water	¼ teaspoonful herbs
salt	salt and pepper

(Enough for four or five people.)

Make a suet crust with the flour and chopped suet, roll out to an oblong shape; chop the meat finely, add the onion, finely-chopped herbs and seasoning, mix well and lay it on the suet crust; wet the edges, roll it up, roll it in a scalded and floured cloth, tie it and boil for 2 hours. Serve hot with a good gravy.

ROLY-POLY PUDDING. *See* PUDDING, JAM ROLY-POLY.

ROSE LEAVES, to preserve.

Gather the leaves when dry and place in a jar with common salt.

ROSES, the general treatment of.

Any good soil will be found satisfactory for roses, though a rich, leafy loam with a clay subsoil is best. Cleanliness, sunshine and plenty of air are essential. Autumn is the best season for planting, which should be done in mild, moist weather. Prune early in March, cutting away the previous year's growth. For climbing roses cut back only a few inches of the previous summer's growth and prune to the ground the older growths. The annual pruning of roses other than climbers may be supplemented by thinning the shoots in May, and to obtain fine specimens it is usually necessary to pick some, or all, of the side buds of a cluster.

Do not use strong crude fertilizers. Keep the soil loose 5 or 6 inches from the surface, using a small, thin-pronged fork for the purpose. Give plenty of soft water in June if May happens to be very dry. Examine daily for green-fly and caterpillars.

ROSE TREES, to clear from blight.

Sprinkle the trees when still damp with the morning dew with a mixture of equal quantities of sulphur and tobacco dust. After a few days the insects will disappear and the trees should then be syringed with decoction of elder leaves. *See also* INSECTS ON PLANTS, to destroy.

ROSE WATER, to make.

Take a glass bottle with a wide mouth and ground glass stopper. Fill two-thirds full with deodorized alcohol, add rose leaves (preferably white) until no more can be forced into the bottle. Allow to stand several months keeping bottle air-tight. Then strain.

ROUGE, to prepare.

Take 6 oz. steatite (talc powder), 144 gr. carmine and 4 dr. gum arabic. Reduce to a fine powder. Now carefully add water, little by little to form a thick paste. The quantity of carmine may be increased if a darker red tinge is required. A few drops of rose oil or any other suitable perfume can be added at will. This may be applied to the skin without the slightest danger.

ROUX, to prepare.

2 oz. butter
2 oz. flour

Melt the butter in a saucepan, stir in the flour and cook well. A *white* roux should not colour; a *brown* roux should cook till a good dark brown.

RUBBER, to preserve.

Make a mixture of 2 parts water and 1 part liquid ammonia and dip the articles into it until they are soft, smooth, and elastic as at first. This will prevent rubber articles from cracking.

RUGS, SKIN, to clean.

To clean a light skin rug, thoroughly brush it and then rub in plenty of warm bran for about quarter of an hour. When the rug has been well shaken it will look as good as new.

RUPTURE.

Causes.—Violent exercise and straining, lifting of heavy weights, violent coughing, stricture. Lifting of heavy weights and straining to hang up clothes, etc., should be particularly avoided during pregnancy, as this is very liable to give rise to either single or double rupture. Occasionally a child is born ruptured.

Symptoms.—There is a rounded tumour in the groin, which increases in size when the person coughs or strains. A rupture may, through a sudden strain, become strangulated, which means that it cannot be returned to the abdomen. This is a very serious condition and a risk which a person with a rupture always runs.

Treatment.—A surgeon should always be consulted.

RUSKS, HOME-MADE, to prepare.

Rusks, of which children are so fond, can be made very cheaply at home. Remove the crusts from odd pieces of bread, cut the bread into fingers and bake thoroughly. Serve with butter.

RUST, to keep iron and steel articles free from.

Take a pound of pig's lard and dissolve in it half an ounce of camphor. Remove the scum and mix enough blacklead to give an iron colour. After rubbing the mixture over the article, it should be allowed to remain for 24 hours. Then wipe off with a clean cloth. This will keep the article in excellent condition for months.

If curtain pins be dipped in white enamel before using, rust will be prevented. All hooks and nails for hanging damp towels, etc., should be similarly treated to avoid unsightly marks.

Polished steel should be treated with pure paraffin wax. The wax should be warmed, rubbed on, and then removed with a piece of woollen rag.

Another excellent mixture for the purpose may be made from white lead, tallow and linseed oil. Mix to the consistency of a thick paint.

RUST, to prevent on grates.

Smear as thickly as possible a strong paste of fresh lime and water over the polished surface. This will keep grates not in use free from rust for many months, and is particularly useful where a house is to be unoccupied for some time.

RUST, to remove.

Mix 1 part of muriatic acid with 4 parts of water and allow the rusty article to soak in this mixture for 24 hours. Now rub vigorously with a scrubbing brush and wash in plain water. Allow the article to dry before a fire and then polish with oil and emery powder or emery cloth.

Another method is to cover the metal with sweet oil. Allow it to remain for two days. Then rub with finely-powdered, unslaked lime until the rust disappears.

Kerosene or benzine are probably the best cleaning liquids for iron and steel. But if articles have become pitted by rust they must be scoured with very fine emery paper. If steel is rubbed with a mixture of lime and oil or with mercurial ointment it will not easily rust.

RUST, to remove from marble.

To remove from marble rub with lemon juice. Tinware should be treated with salad oil and whitening. Rusty vessels should be boiled with borax and water and then scoured.

SAGE, to cultivate. *See* SALVIA *and* HERBS, to propagate.

SAGO. *See* PUDDING, SAGO.

ST. VITUS'S DANCE.

Causes.—It comes on mostly between the ages of five and fifteen. Fright and shock are frequent causes. It may follow rheumatic fever, scarlet fever, or measles.

Symptoms.—The first symptom noticed is that the child is always dropping things out of its hand. When the disease is fully developed, nearly all the muscles of the body are affected with jerky, purposeless movements. Excitement increases the movements. When the child is asleep all movements cease, only to begin again directly he or she is awake. The brain is somewhat affected: the child looks silly and cannot fix its attention on anything, is excitable, irritable and fretful. The disease lasts from one to three months.

Treatment.—The child should be put to bed and kept away from other children who often annoy anyone whom they think is a little silly. Home treatment consists of looking after the child and seeing that he or she does not fall out of bed, or into the fire. Skilled help is necessary. Rheumatic fever and St. Vitus's dance frequently go together. The fever is likely to be overlooked if in a mild form and chronic heart disease may be the result.

SALAD, BEETROOT, to prepare.

1 beetroot
white of egg
watercress
dressing No. 1

Scrub the beetroot, do not cut it, boil gently till tender. When cold peel and slice it, place the slices in a salad bowl, pour over the salad dressing and garnish with cress and the white of egg finely chopped or rubbed through a sieve.

SALAD, CAULIFLOWER, to prepare.

1 cauliflower
shallot
little parsley, chervil, and tarragon
mayonnaise dressing
1 or 2 tomatoes

Boil the cauliflower in the usual way, divide into pieces, place in a salad bowl. Just before serving pour over the mayonnaise sauce, sprinkle with a little finely-chopped shallot, parsley, chervil and tarragon, and garnish if liked with tomato cut in pieces.

SALAD, CELERY AND BEETROOT, to prepare.

celery
beetroot
shallot
chopped parsley
mayonnaise dressing

Carefully prepare about two heads of celery, soak and wash it well, cut the best parts into shreds and put into a salad bowl with some thin slices of boiled beetroot; sprinkle over a little finely-chopped shallot and parsley. Just before serving pour over the mayonnaise sauce and garnish with the tops of the heads of celery. Either of the plainer dressings can be used for this salad.

SALAD, CHICKEN, to prepare.

cold boiled fowl
lettuce
cucumber
watercress
boiled green peas
beetroot or tomato
hard-boiled egg
mayonnaise dressing

Cut the meat from the bones of the fowl; wash, tear into pieces and thoroughly dry the lettuce, arrange in a salad bowl with slices of cucumber, a few cooked green peas, slices of beetroot or tomato and the chicken cut into neat pieces. Just before serving pour over some good mayonnaise sauce and garnish with quarters of hard-boiled egg and watercress.

SALAD, CRAB.

1 crab
3 or 4 tomatoes
1 egg
pepper and salt
1 lettuce
mustard and cress, or watercress
mayonnaise sauce

Shred the meat of the crab up finely and mix with it a little mayonnaise sauce. Thoroughly wash the lettuce and arrange the leaves around the sides of and at the bottom of the salad bowl. Place the crab mixture in the centre and then add the pepper and salt, sliced tomatoes and slices of hard-boiled egg and garnish with the mustard and cress, or watercress.

SALAD CREAM, to make.

Beat the yolks of 3 fresh eggs with 10 grains cayenne pepper. Mix together 1½ drams of salt, 1 oz. mustard, ½ pint vinegar and 2 oz. salad oil. Add the eggs, shake well and bottle.

SALAD, CUCUMBER, to prepare.

cucumber
oil
vinegar
salt and pepper

Peel and slice the cucumber very thinly, place on a dish, sprinkle with salt and let them remain from 10 to 15 minutes; pour off the liquid, mix the dressing, using 1 part of oil to 2 parts of vinegar, season with salt and pepper and pour over the cucumber. This salad is served with cold salmon.

SALAD DRESSING, to prepare. (No. 1.)

1 teaspoonful salt
¼ teaspoonful pepper
1 teaspoonful mustard
3 tablespoonfuls salad
1 tablespoonful vinegar
pinch of sugar

Put the salt, pepper, sugar and mustard in a basin, add the oil (always in the proportion of 3 parts oil to 1 part vinegar), stir in the vinegar slowly with a wooden spoon until all the ingredients are thoroughly mixed. Use as directed.

SALAD DRESSING, to prepare. (No. 2)

1 raw egg	1 gill vinegar
1 dessertspoonful sugar	½ gill cream
1 teaspoonful mixed mustard	salt and pepper

Put the salt, mustard, pepper and sugar in a basin, add the beaten egg, vinegar and cream. Use as directed.

SALAD, EGG, to prepare.

6 hard-boiled eggs	coraline pepper
aspic jelly	green salad
chopped parsley	mayonnaise dressing

Boil the eggs until quite hard, cut into slices; rinse out a border mould with cold water, pour in a little liquid aspic, decorate the bottom of the mould alternately with chopped parsley, coraline pepper and yolk of egg passed through a sieve, pour in a little more aspic and allow it to set on ice; fill the mould with layers of hard-boiled egg and aspic. When set turn out on a bed of green salad, fill the centre with chopped egg mixed with mayonnaise, and decorate with cress and chopped aspic.

SALAD, FISH, to prepare.

cold white fish	gherkin
lettuce	a few shrimps
hard-boiled egg	aspic jelly
capers	mayonnaise dressing

Flake the cooked fish, taking great care to remove all bones; mix in a bowl with the picked shrimps, chopped white of egg, a few capers, shreds of gherkin; pour over some mayonnaise sauce. Make a border of lettuce (torn into pieces and well dried) on a dish, place the fish salad in the centre and garnish with watercress, chopped aspic, and yolk of egg passed through a sieve.

SALAD, FOR COLD MEAT, to prepare.

1 head of celery	cream
1 beetroot	vinegar
some capers	salt and cayenne
hard-boiled egg	

Wash and trim the celery, cut into fine shreds, chop the beetroot into small dice, mix together with about a tablespoonful of capers and the chopped white of the egg; whip the cream, flavour carefully with a little vinegar, salt and cayenne; mix with the other ingredients just before serving and sprinkle over finely-grated yolk of egg.

SALAD, FRENCH LETTUCE, to prepare.

lettuce	tarragon
watercress	1 hard-boiled egg
parsley	beetroot
chervil	salad dressing No. 1

Wash the lettuce and cress thoroughly, break the lettuce leaves into small pieces, drain in a clean dry cloth or in a salad basket.

Place in a salad bowl. Mix the dressing, add the chopped parsley, tarragon and chervil; pour over the lettuce and cress just before serving and garnish with quarters of hard-boiled egg and slices or dice of beetroot.

SALAD, FRUIT, to prepare.

For Summer—	*For Winter—*
½ lb. strawberries	2 tangerines
2 oz. white grapes	3 bananas
2 oz. black grapes	2 apples
raspberries	few pineapple chunks
currants (red and white)	½ tin apricots
1 orange	½ lb. prunes
juice of 1 lemon	juice of 1 lemon
wine or liqueur	wine or liqueur
½ pint water	½ pint water
½ lb. loaf sugar	½ lb. loaf sugar
almonds and pistachio nuts	almonds and pistachio nuts

(Enough for ten or twelve people.)

Prepare all the fruit very carefully, removing all stems, seeds, pips and skin, cut in convenient sized pieces, place in a bowl, pour over some syrup made by boiling the sugar and water together for 10 to 15 minutes, add the wine or liqueur flavouring, and allow to steep for several hours. Place in a salad bowl; decorate with almonds blanched and shredded and chopped pistachios. Keep on ice if possible.

Note.—The fruits used can be varied according to taste and season, but as many kinds as possible should be used.

SALAD, GREEN PEA, to prepare.

1 pint peas	2 tomatoes
2 lettuces	mayonnaise dressing

Boil the peas with a sprig of mint and salt and sugar. When cold mix them with the mayonnaise sauce. Wash and well dry the lettuces, tear them into pieces and arrange in a salad bowl, in a border; pile the peas in the centre and decorate with the tomatoes skinned and cut into quarters.

SALAD, LOBSTER. (No. 1.)

1 lobster	hard boiled egg
lettuce	chopped parsley
watercress	aspic jelly
mayonnaise sauce	

Split the lobster lengthways and remove the meat from the shell and claws. Rinse out a border mould with cold water, pour in a little liquid aspic and allow it to set; decorate the bottom of the mould with the meat from the claws, chopped parsley, etc., pour over a little more aspic and allow it to set, then fill the mould with lobster and aspic. Turn out when cold on a bed of lettuce, mix the remainder of the lobster and egg with mayonnaise sauce and place in the centre and garnish with chopped aspic and cress.

SALAD, LOBSTER. (No. 2.)

1 lobster
1 hard-boiled egg
3 or 4 tomatoes
2 filleted anchovies
1 lettuce
1 small beetroot
slices of cucumber

Cut the meat of the lobster into neat pieces, and after lining the salad bowl with a few lettuce leaves place in same the lobster, slices of cucumber, sliced beetroot, sliced tomatoes and anchovies, arranging same effectively. Then lightly sprinkle over the top some lettuce leaves cut up very finely, a few slices of cucumber, 2 or 3 pieces of tomato and the hard-boiled egg, cut into pieces or sliced. Hand the mayonnaise sauce separately.

SALAD, NUT, to prepare.

some walnuts
2 heads celery
chopped chervil and tarragon
mayonnaise dressing

Well wash and trim the celery, shred it finely and put into a salad bowl; shell and skin the walnuts and cut them into shreds; mix with the celery; pour over some good mayonnaise sauce; sprinkle with finely-chopped chervil and tarragon.

SALAD, ORANGE, to prepare.

2 or 3 oranges
1 teaspoonful castor sugar
1 tablespoonful salad oil
1 tablespoonful vinegar
little tarragon vinegar
salt and pepper

Skin and remove all the white pith from the oranges, cut into slices and arrange in a bowl; sprinkle with salt, sugar and pepper and let it stand for an hour; mix the oil and the vinegars, pour over the oranges, and garnish with cress.

SALAD, POTATO, to prepare.

cooked potatoes
shallot
parsley
chervil
tarragon
salad dressing No. 1

The potatoes must not be overcooked; cut them in neat slices. Mix the dressing, pour over the potatoes; sprinkle over some finely-chopped shallot, parsley, chervil and tarragon.

SALAD, RUSSIAN, to prepare.

aspic jelly
cold boiled vegetables
truffles
capers
gherkins
stoned olives
shrimps
filleted anchovies
chervil and tarragon
little shallot
lettuce and cucumber
mayonnaise sauce

Fill a border mould with aspic jelly, decorating it with fancy shapes of boiled carrot, green peas and the red part of some radishes. Cut all the cold boiled vegetables into dice or fancy shapes, add the capers, shreds of gherkins, sliced truffles, stoned

olives, picked shrimps, filleted anchovies, a tablespoonful of chopped chervil, tarragon and shallot; mix all well together and stir in some mayonnaise sauce. Arrange some lettuce, washed, dried and shredded, on a flat dish, turn out the border of aspic jelly on to it, garnish round the mould with slices of cucumber or beetroot and place the mayonnaise mixture in the centre. Much trouble can be saved by using a bottle of vegetable macédoine, which should be drained well and used as above.

SALAD, SAHARA.

cold potatoes
cold cooked salsify
2 bananas
1 or 2 truffles
chopped parsley
chopped chervil
salad dressing No. 1

Cut the cold new potatoes into dice and the salsify into shreds, slice the bananas and truffles; mix all together in a salad bowl, pour over the dressing, sprinkle over the chopped chervil and parsley and serve.

SALAD, TOMATO, to prepare.

tomatoes
parsley
3 tablespoonfuls salad oil
1 tablespoonful vinegar
shallot
tarragon
salt and pepper
1 teaspoonful mustard

Place the tomatoes in boiling water for a minute or so, drain them and remove the skin, cut them in slices and place in a salad bowl. Mix the dressing, put the salt and pepper in a basin with the mixed mustard, pour in the oil, stir in the vinegar thoroughly with a wooden spoon; pour over the tomatoes and sprinkle over the finely-chopped shallot, parsley and tarragon.

SALAD, WINTER, to prepare.

¼ lb. Brussels sprouts
2 carrots
1 beetroot
¼ lb. potatoes
1 head celery
mustard and cress
1 shallot
mayonnaise dressing

Cook all the vegetables carefully. They must not be *over*-cooked. Cut into fancy shapes with a vegetable cutter. Chop the trimmings roughly, mix with mayonnaise sauce, pile in the centre of a salad bowl; arrange the fancy shapes of the vegetables round in layers, garnish with mustard and cress and celery tops and pour over a little more mayonnaise sauce.

SALLY LUNN, to make.

¾ lb. flour
2 oz. butter
1 egg
½ oz. yeast
1 teaspoonful sugar
¼ teaspoonful salt
1 gill milk

Cream the yeast and the sugar together. Warm the butter and milk together, add the beaten egg. Sift the flour into a basin with

the salt, mix to a light dough with the milk and yeast. Knead the dough, then divide it into two, and put into two small well-buttered cake tins and allow it to prove for an hour in a warm place, brush over with beaten egg and bake in a hot oven for 20 minutes.

SALMON, to boil.

4 lb. salmon
salt
cucumber
(Enough for eight people.)

Well wash the fish, put it in boiling water with salt, allow it to boil for a few minutes, then simmer very slowly till cooked; if a large thick piece allow 8 minutes to the pound and 8 minutes over, if a thin piece 6 minutes. Drain well, put on a hot dish with a folded serviette, garnish with sliced cucumber and parsley and serve with dressed cucumber and a suitable sauce, such as hollandaise, mayonnaise, or tartare.

SALMON, to pickle.

cold salmon
½ to 1 pint vinegar
12 peppercorns
1 bay leaf
½ teaspoonful salt

Remove the skin and bones from the salmon, boil the vinegar with the pepper, salt and bay leaf for 10 minutes, pour the boiling vinegar over the salmon and leave for 12 hours before using. To serve it place on a clean dish and strain a little of the vinegar round.

SALMON, MAYONNAISE, to prepare.

cold salmon (2 or 3 lb.)
cucumber
lettuce
cress
capers, gherkin
anchovy fillets
aspic jelly
mayonnaise sauce
(Enough for nine or ten people.

Remove the skin from the salmon, arrange a bed of lettuce on a dish, coat the salmon well with thick mayonnaise sauce with a little liquid aspic added, place it on the salad and garnish tastefully with cucumber slices, little heaps of capers, shredded gherkin, cress and chopped aspic. Lay across two anchovy fillets or if liked they can be rolled.

SALMON, SMOKED.

This is usually served as an hors-d'œuvre. Drain off the oil in which it is preserved, cut into small thin slices and garnish with chopped parsley. Serve fresh oil and vinegar with it.

SALSIFY, to boil.

salsify
salt
lemon juice
½ pint white sauce

Wash and peel the salsify roots, keeping them under water as much as possible during the process; place them at once into cold

water with salt and lemon juice to prevent them from becoming discoloured. Put them into boiling water with salt and lemon juice and boil till quite tender; drain them. Dish in a hot vegetable dish and pour the white sauce over and serve.

SALSIFY, to scallop.

some cooked salsify	grated cheese
½ pint white sauce	butter
bread-crumbs	salt and pepper

Cut the cooked salsify into neat pieces, warm in the white sauce, which must be well seasoned with salt, cayenne and a little lemon juice. Place in some well-buttered scallop shells. Sprinkle over some fresh bread-crumbs, then a little grated cheese and a few small pieces of butter on top, brown in a hot oven and serve.

SALT, to keep dry. (No. 1.)

Mix a teaspoonful of corn starch with each cupful of salt.

SALT, to keep dry. (No. 2.)

A little cornflour added to the salt in the salt-cellar will prevent it hardening. Proportions are, half a teaspoonful of cornflour to 2 tablespoonfuls of salt.

SALTS, EPSOM. *See* PURGATIVES.

SALTS OF LEMON, to make.

Take equal parts of finely-powdered citric acid and cream of tartar and mix together.

SALVE, for cuts, bruises, boils, sores, etc.

1 lb. lard
½ lb. resin
½ lb. sweet elder bark

Simmer over a slow fire until it forms a hard brown salve. Spread on cotton cloth and apply to the affected parts.

SALVIA (SAGE), to cultivate.

This family includes many beautiful garden plants, both perennial and annual, hardy and half-hardy. *S. splendens*, with its clear green foliage and brilliant scarlet flowers, is one of the most useful and showy of the family, and has diverged into many valuable strains. *S. patens,* with its flowers of intense blue, is another lovely variety, while *S. Roemeriana*, with flowers of deep crimson, is of compact dwarf growth well suited for border edgings. All these may be satisfactorily treated as half-hardy annuals. There are many other varieties well worth growing, such as *S. azurea*, a perennial which will thrive in the open in mild districts, with fine spikes of pale blue flowers; and *S. cacaliæfolia*, also perennial

in warm situations, with grey-green downy foliage and erect stems bearing flowers of deep blue.

SAL VOLATILE.

This is sometimes known as aromatic spirit of ammonia. For children suffering with pains from flatulence give 2 drops in a little water. For adults it acts as a stimulant in cases of fainting, or hysteria, if a teaspoonful is taken in a wineglassful of water.

SARSAPARILLA DRINK, to prepare.

Take 2 oz. decoction of sarsaparilla compound, 1¼ oz. bruised sassafras root, 12 oz. honey, 1 lb. cane sugar, 4 oz. fresh yeast, and 1 gallon distilled water (boiling). Dissolve the sugar and honey in the water; add the sassafras and, when cool, the sarsaparilla and yeast. Leave in a warm place for a few days, and then strain and bottle. Take a small wineglassful every morning.

SARDINE PYRAMIDS, to prepare.

6 sardines
1 oz. butter
chopped parsley
salt and cayenne
lemon juice
buttered toast

(Enough for six or seven people.)

Take the skin and bones from the sardines, pound them in a mortar with the butter, season well with salt, cayenne and a squeeze of lemon juice; cut the toast into fingers, put the mixture on pyramid shape, sprinkle over a little chopped parsley and coraline pepper and serve with watercress as a garnish.

SARDINES À LA ROYAL, to prepare.

6 or 8 sardines
lettuce
salad oil
vinegar (tarragon)
gherkin
beetroot
hard-boiled egg

(Enough for six or eight people.)

Skin and remove bones of sardines, close them up again; wash, dry and shred the lettuce, season it with oil and a few drops of tarragon vinegar, place on a small dish and arrange sardines on the lettuce; decorate the sardines with strips of gherkin and white of egg, crossways, and finely-chopped beetroot down the sides. Serve as hors-d'œuvre or savoury.

SAUCE, ANCHOVY, to prepare.

½ pint white sauce
essence of anchovy
lemon juice
cayenne

Make the white sauce as directed, add enough essence of anchovy to colour the sauce a pale pink, add a squeeze of lemon juice and a little cayenne pepper. Served with fish.

SAUCE, APPLE, to prepare.

1 lb. cooking apples
1 oz. butter
little water
sugar

Peel, core and slice the apples, put into a saucepan with a little water and cook to a pulp, beat smooth, add the butter and sugar to taste. Served with roast pork, duck and goose.

SAUCE, APRICOT, to prepare.

2 tablespoonfuls apricot jam
1 gill water
a squeeze of lemon juice
carmine

Boil together for 5 minutes, strain and colour with a drop or two of carmine.

SAUCE, BÉCHAMEL, to prepare.

2 oz. butter
2 oz. flour
1 small shallot
6 peppercorns
blade of mace
strip of lemon rind
small bunch of herbs
½ pint white stock
½ pint milk
little cream
salt and pepper

Put the milk or stock into a saucepan with the shallot and the peppercorns, mace, lemon peel and herbs tied in muslin, simmer for 15 minutes and strain. Melt the butter in a saucepan, cook the flour in it, add the flavoured stock and milk gradually and allow it to cook well; add salt and pepper and a little cream last. Strain if not smooth.

SAUCE, BREAD, to prepare.

1 pint milk
4 oz. bread-crumbs
2 oz. butter
blade of mace
1 onion
2 cloves
2 tablespoonfuls cream
salt and pepper

Boil the milk with the onion stuck with the cloves and the mace, rub the bread-crumbs through a wire sieve, pour the seasoned milk over them, return to the saucepan and cook well; add the butter, salt and pepper and the cream just before serving. Served with roast game and poultry.

SAUCE, CAPER, to prepare.

½ pint white sauce (using half milk and half stock)
1 tablespoonful capers
salt and pepper

Add the capers chopped to the white sauce and season. Served with boiled mutton.

SAUCE, CELERY, to prepare.

½ pint white sauce
1 head celery
pinch of mace
lemon juice
salt and pepper

Cook the celery till tender, chop and add to the white sauce,

season with a squeeze of lemon juice, pinch of mace, salt and pepper. Served with boiled turkey and fowl.

SAUCE, CHOCOLATE, to prepare.

2 oz. chocolate
½ pint water
½ oz. crême de riz
sugar
vanilla
brandy

Melt the chocolate in the water, thicken with the crême de riz, add sugar, vanilla and brandy to taste.

SAUCE, CRANBERRY.

Wash fruit and pick off any stalks. Put fruit in saucepan after bruising well and add water in the proportion of 1 gill to each pint of cranberries used. Bring to the boil and then simmer gently until the fruit is thoroughly cooked, after which put it through a fine sieve. Return to the saucepan and add 1½ oz. of sugar for each pint of fruit used. Bring to the boil again and serve. Makes an excellent sauce for serving with roast turkey.

SAUCE, CURRY, to prepare.

1 oz. butter
1 sour apple
1 or 2 shallots
½ oz. flour
½ oz. curry powder
½ pint stock
1 dessertspoonful chutney
lemon juice
pinch of sugar and salt

Chop the apple and shallot finely, melt the butter and fry them a pale brown, add the flour and curry powder and cook well, stirring occasionally; stir in the stock smoothly and simmer for 25 to 30 minutes, skimming off the fat as it rises; strain and add the chutney, lemon juice and seasonings. Served with meat and fish.

SAUCE, CUSTARD, to prepare. (No. 1.)

½ pint milk
1 egg
½ oz. cornflour
½ oz. sugar

Mix the cornflour with a little of the milk; put the rest on to boil. When boiling stir in the cornflour and cook for three minutes; add the sugar. When a little cool add the beaten egg, stir till it thickens—but it must not boil again—add flavouring if required.

SAUCE, CUSTARD, to prepare. (No. 2.)

3 or 4 yolks of eggs
½ pint milk
½ oz. sugar
flavouring

Cook in a double saucepan until the custard thickens—it must not boil—add sugar and flavouring.

SAUCE, EGG, to prepare.

½ pint white sauce
2 hard-boiled eggs
salt and pepper
lemon juice

Chop the hard-boiled eggs roughly, add to the sauce and season

with salt and pepper and add a little lemon juice. Served with boiled salt cod and other kinds of boiled fish and boiled fowl.

SAUCE, ESPAGNOLE, to prepare.

2 oz. butter
2 oz. flour
1 shallot
1 carrot
1 or 2 tomatoes
1 oz. ham
2 or 3 mushrooms
1 pint brown stock
salt and pepper

Melt the butter, fry the chopped shallot, carrot and mushrooms until a golden brown. Add the flour and brown it. Add the stock gradually, stirring all the time. Bring to the boiling-point, add the tomato, let it boil gently from half to three-quarters of an hour, skimming and stirring occasionally, season and strain and it is ready to use.

Note.—This is the foundation brown sauce. A great variety of brown sauces can be made by adding various ingredients to this foundation.

SAUCE, GERMAN, to prepare.

2 yolks of eggs
1 gill sherry
1 oz. sugar

Put the ingredients into a double saucepan and whisk until the sauce becomes thick and frothy. It must not boil or it will curdle.

SAUCE, GUARDS', to prepare. (For Christmas Pudding).

2 oz. good fresh butter
4 oz. icing sugar
brandy

Cream the butter and sugar together until quite smooth, beat in slowly the brandy to flavour—about a tablespoonful or a little more.

SAUCE, HOLLANDAISE, to prepare. (No. 1.)

4 oz. butter
4 yolks of eggs
1 shallot
1 bay leaf
sprig of thyme
1 tablespoonful vinegar
salt and pepper

Simmer the flavouring in the vinegar; melt the butter in a saucepan and mix in the yolks, stir till the sauce thickens; strain the vinegar and add to the yolks and butter; season with salt and pepper.

This sauce is best made in a double saucepan. It must not boil or the eggs will curdle.

SAUCE, HOLLANDAISE, to prepare. (No. 2.)

½ pint white sauce
2 yolks of eggs
lemon juice
salt and cayenne

Add the yolks to the white sauce, cook but do not allow the

sauce to boil; add lemon juice, salt and cayenne. Served with boiled fish and dressed vegetables.

SAUCE, HORSE-RADISH, to prepare.

1 root of horse-radish
½ teaspoonful mustard (mixed)
1 teaspoonful castor sugar
½ gill milk
½ gill cream
½ gill vinegar
salt and pepper

Grate the horse-radish finely, mix with mustard, sugar, salt and pepper, add the milk, cream and vinegar, and mix all together.

SAUCE, ITALIENNE, to prepare.

½ pint brown sauce (espagnole)
bunch of herbs
2 tablespoonfuls sherry
salt and pepper

Tie the herbs in muslin, add to the brown sauce with the sherry, simmer from 15 to 20 minutes, strain and it is ready to use. Suitable to serve with cutlets, fish or dressed vegetables.

SAUCE, JAM, to prepare.

2 tablespoonfuls jam
1 teaspoonful lemon juice
carmine
1 gill water

Put all the ingredients into a saucepan, boil for ten minutes, strain and colour.

SAUCE, LEMON, to prepare.

1 gill water
2 oz. sugar
½ teaspoonful cornflour
rind and juice of 1 lemon

Boil the sugar, water and lemon rind together, add the lemon juice and thicken with the cornflour.

SAUCE, LOBSTER, to prepare.

½ pint white sauce
½ a lobster or a small tin
carmine
lemon juice
salt and cayenne

Before making the white sauce simmer the shells of the lobster in the milk and use it. If a tin is used make the sauce in the ordinary way. Cut the lobster into small pieces and add to the sauce, season with lemon juice, salt and cayenne, colour with a drop or two of carmine. A little cream added is an improvement. Suitable to serve with boiled turbot, salmon or sole.

SAUCE, MAÎTRE D'HÔTEL, to prepare.

½ pint white sauce
½ tablespoonful chopped parsley
juice of ½ lemon
salt and cayenne

Chop and blanch the parsley, add to the sauce with the strained lemon juice, season with salt and cayenne. Served with fish, boiled meat and with vegetables.

SAUCE, MARMALADE, to prepare.

2 tablespoonfuls marmalade
1 gill water
lemon juice
1 dessertspoonful sugar

Boil together for five minutes and strain.

SAUCE, MAYONNAISE, to prepare.

2 yolks of eggs
1½ gills salad oil
1 teaspoonful castor sugar
salt and pepper
1 tablespoonful vinegar
1 tablespoonful tarragon vinegar
1 tablespoonful cream

Stir the oil into the yolks, drop by drop, mixing well all the time, add the vinegar slowly, then the sugar and salt, cayenne and cream. This is served as a salad dressing and as a sauce for salmon and cold fish, etc.

SAUCE, MELTED BUTTER. *See* BUTTER, MELTED.

SAUCE, MINT, to prepare.

2 tablespoonfuls mint
1 oz. castor sugar
½ gill boiling water
1 gill vinegar
salt

Wash the mint and chop very finely, dissolve the sugar in the boiling water, add the vinegar and mint. Stir before serving. Served with roast lamb.

SAUCE, MUSHROOM.

mushrooms
butter
espagnole sauce

Peel mushrooms—using for preference the small button-size mushrooms—and fry them in the butter. Then add them to some espagnole sauce and thoroughly heat.

SAUCE, MUSTARD, to prepare.

½ pint white sauce
1 dessertspoonful made mustard
salt and pepper

Add the made mustard to the sauce and season. Served with grilled herrings.

SAUCE, ONION, to prepare.

½ pint white sauce
3 or 4 onions
salt and pepper

Boil the onions till tender, chop and add them to the white sauce and season. Served with roast shoulder of mutton and boiled rabbit.

SAUCE, ORANGE, to make a savoury.

½ pint brown sauce
juice of 1 lemon
juice of 1 orange
pinch of castor sugar
2 tablespoonfuls sherry
rind of 2 oranges
salt and pepper

Put the orange and lemon juice, sherry and sugar into a stewpan with the brown sauce, simmer till reduced to two-thirds, skimming occasionally, pass through a tammy cloth, add the shredded orange peel (which should be put into cold water and brought to the boil), boil up the sauce and season. Served with wild duck.

SAUCE, ORANGE, to make a sweet.

½ pint water
rind and juice of 2 oranges
juice of 1 lemon
2 oz. sugar
1 teaspoonful cornflour

Boil the water, sugar and orange rind together for 10 minutes, strain and thicken with the cornflour.

SAUCE, OYSTER, to prepare.

½ pint white sauce (using fish stock)
6 to 8 oysters
lemon juice
salt and cayenne
cream

Scald the oysters and remove the beards, add to the white sauce with their liquor, season with salt, cayenne and lemon juice and add the cream. Served with boiled fish, boiled poultry and grilled steak.

SAUCE, PARSLEY, to prepare.

½ pint white sauce
½ tablespoonful chopped parsley
pepper and salt

Chop and blanch the parsley, add to the sauce and season. Served with boiled fish, boiled mutton, rabbit, fowl, calf's head, etc.

SAUCE, PINEAPPLE, to prepare.

1 gill water
1 gill pineapple syrup
1 oz. sugar
few pieces pineapple

Boil all together for five minutes, serve with pieces of pineapple in the sauce.

SAUCE, PIQUANTE, to prepare.

½ pint espagnole sauce
1 dessertspoonful capers
1 shallot
1 gherkin
2 tablespoonfuls vinegar
1 teaspoonful chopped parsley
salt and pepper

Chop the shallot, capers, gherkin and parsley finely, put with

the vinegar into a saucepan and cook for a few minutes, add to the espagnole sauce, boil up and it is ready to use.

Suitable to serve with cutlets, dressed vegetables or fish.

SAUCE, PLAIN BROWN, to prepare.

2 oz. butter or dripping
2 oz. flour
1 pint stock
salt and pepper

Melt the butter or dripping in a saucepan, add the flour and brown it carefully, taking care it does not burn, add the stock gradually, stirring till it boils; boil for 5 to 10 minutes and add the salt and pepper.

SAUCE, REFORM, to prepare.

½ pint brown sauce
juice of ½ lemon
1 wineglass of port
bouquet garni
2 teaspoonfuls red currant jelly
salt and cayenne

Add the herbs, lemon juice, port and jelly to the brown sauce, simmer and skim till reduced to two-thirds, season and pass through a tammy cloth. Suitable to serve with cutlets and any meat.

SAUCE, SHRIMP, to prepare.

½ pint white sauce
1 oz. shelled shrimps
cayenne
lemon juice
salt and pepper
colouring

Add the shrimps to the sauce and season with salt and pepper and lemon juice. Colour with a drop of carmine. Served with turbot and other fish.

SAUCE, SWEET PUDDING, to prepare.

1 oz. butter
½ oz. flour
½ pint milk
½ oz. castor sugar
any flavouring

Melt the butter, add the flour and cook it for a minute, stir in the milk and boil gently for 5 minutes. Any flavouring can then be added, such as vanilla, lemon or almond essence, brandy or sherry.

SAUCE, TARTARE, to prepare.

mayonnaise sauce
chopped capers
chopped parsley
chopped gherkin

Add the capers, gherkin and parsley to the mayonnaise, with a little lemon juice.

SAUCE, THICK, to prepare.

2 oz. flour
2 oz. butter
½ pint liquid

Melt the butter, add the flour, mix smoothly and cook for a few minutes, add the liquid and cook well until the mixture leaves the sides of the saucepan. This mixture is used for binding the ingredients in cutlets, croquettes, rissoles, etc.

SAUCE, TOMATO, to prepare.

2 oz. butter
1 oz flour
3 or 4 tomatoes
1 gill milk
salt and pepper

Slice the tomatoes and cook them in the butter, pass through a sieve; make a white sauce, using 1 gill of milk and 1 gill of the tomato purée, boil the sauce and season with salt and pepper. Suitable to serve with fish.

SAUCE, TREACLE, to prepare.

2 tablespoonfuls treacle or golden syrup
1 gill water
lemon juice

Put all together in a saucepan and boil for 5 minutes.

SAUCE, WHITE, to prepare.

2 oz. flour
2 oz. butter
1 pint milk
salt and pepper

Melt the butter, stir in the flour, allow it to cook without taking any colour; add the milk gradually, mixing smoothly, stir till it boils; boil for 5 minutes, and add the seasoning.

Note.—This is the foundation white sauce. By adding various ingredients to this a great variety of sauces can be easily made.

SAUCE, WHITE CHAUDFROID, to prepare.

1 pint béchamel sauce
½ oz. gelatine

Soak the gelatine and add to the sauce; stir till dissolved but do not boil the sauce. Used to coat cold poultry and game, for making entrées, etc.

SAUCEPANS, cleaning and care of.

As soon as the contents of a saucepan have been dished up, the saucepan should be filled up with cold water. Clean both the inside and outside of all saucepans after use. Iron, brass, copper, enamel, or tin saucepans should all be washed thoroughly with the aid of a pot scourer and hot soda water, but soda should never be used when washing aluminium saucepans. After washing, rinse saucepans, then dry both outside as well as inside and, in the case of aluminium, or light enamel saucepans, hang them up, but in the case of the heavier saucepans, these should be placed bottom uppermost on the shelf. Saucepan lids should be treated in the same way as the saucepans themselves, except that the use of a pot scourer is usually unnecessary. After washing, rinse, wipe well and place in saucepan lid rack if you have one.

SAUSAGE ROLLS, to make.

½ lb. sausages
½ lb. flour
6 oz. butter or butter and lard
lemon juice
salt
water to mix
1 egg

(Enough to make eight rolls.)

Boil the sausages for 10 minutes, skin and cut them in half;

make the pastry, roll it into a square shape, divide it into as many squares as there are pieces of sausage; put a piece on each square, brush round the edge with egg, fold over, letting the fold come on top, mark with a knife, brush over with egg, put on a baking sheet and bake in a hot oven for 20 minutes.

SAUSAGES AND POTATOES, to cook.

1 lb. sausages
cooked potatoes
½ oz. butter
little milk
salt and pepper

(Enough for three or four people.)

Mash the potatoes, adding the butter, milk, salt and pepper, put them in the centre of a hot dish; prick the sausages, put them into a hot pan with a little dripping, fry till a crisp brown, place them round the potatoes and serve.

SAUSAGES, BEEF, to make.

Finely chop 2 lb. of lean beef and 1 lb. of beef suet; mix with ½ lb. of bread-crumbs; season with pepper and salt, adding powdered sage and sweet herbs to flavour. Press into prepared skins.

SAUSAGE TOAD-IN-THE-HOLE. *See* TOAD-IN-THE-HOLE.

SAVOURY PIE.

2 oz. carrot
2 oz. beetroot
2 oz. celery
4 tablespoonfuls salad oil
1 tablespoonful chopped parsley
little gravy thickening
pinch pepper and salt
2 oz. cauliflower
2 oz. mushrooms
1 onion (finely chopped)
½ pint water
1 tablespoonful tapioca thoroughly soaked in ½ pint cold water

Peel mushrooms and cut into slices. Place in saucepan with the other vegetables cut into small pieces and the water and salad oil and allow to cook slowly for about 15 minutes. Strain off any surplus water from the tapioca. Place vegetables in pie-dish, cover with the tapioca and then with puff pastry, making one or two slits in the pastry to permit of the steam escaping. Bake in fairly hot oven for about an hour. Garnish with sprigs of parsley before serving.

SCALDS, to treat.

In small scalds the part should be dusted over with powdered starch, and boric acid should be added in equal proportions. If blisters form, they should be punctured with a clean needle, and the area dusted with boric acid powder, and wrapped in cotton-wool.

If the patient is suffering from shock, he should be wrapped in blankets, and hot-water bottles put to the extremities, and a hot drink of whisky or brandy and water given. Children suffering from scalds are best put in a warm bath and undressed there. Afterwards they should be wrapped in blankets and put to bed. *See also* BURNS AND SCALDS.

SCARLET FEVER (SCARLETINA), symptoms of.

These two names indicate the same disease. It usually begins with headache and vomiting and is frequently accompanied by sore throat, diarrhœa and a high temperature. The skin is dry, the tongue furred and the face is frequently flushed. The rash appears after 24 hours. It begins on the sides of the neck and chest, spreads quickly all over except about the mouth, which is usually pale. (*See* RASHES, to recognize diseases by.) Isolate and send immediately for the doctor.

SCIATICA, a cure for.

Bathe the affected parts with hot water. Then add to 2 oz. camphorated oil 1 oz. ammonia dissolved in ¼ pint turpentine. Shake well and use for rubbing into the affected parts.

SCILLA, to cultivate. *See* SQUILL.

SCISSORS, to sharpen.

Sharpen each blade with a fine file, carefully keeping the original angle. Oil the edges.

SCONES, to make. (No. 1.)

½ lb. flour
1 oz. butter or lard
½ teaspoonful carbonate of soda
1 teaspoonful cream of tartar
pinch of salt
1 teaspoonful sugar
1 oz. sultanas
1 gill sour milk

Rub the butter into the flour, add the cream of tartar, salt, sugar and sultanas, dissolve the carbonate of soda in the milk and mix all to a soft dough; form into two rounds; cut them across to form three-cornered scones. Bake on a greased tin in a quick oven for 10 to 15 minutes. When half baked brush over with milk.

SCONES. (No. 2.)

½ lb flour
1 teaspoonful baking powder
1 oz. sugar
pinch of salt
1 dessertspoonful butter
1 tablespoonful sultanas

Make into a soft dough and bake in a very hot oven for 10 to 15 minutes.

SCONES, DROP, to make

½ lb. flour
pinch of salt
1 egg
½ pint milk
½ oz. sugar
½ teaspoonful cream of tartar
½ teaspoonful carbonate of soda

Sift the flour into a basin, add the salt, make a well in the centre, put in the well-beaten egg and mix to a smooth batter with the milk and add the sugar. Dissolve the cream of tartar and carbonate of soda in separate cups with a little milk, add them to

the batter and mix well. Get the girdle hot, rub it with a piece of suet; put a spoonful of batter on the girdle. When it is set on one side turn and brown on the other. Butter and serve hot.

SCONES, GIRDLE or GRIDDLE, to make.

¾ lb. flour
1 gill milk
½ teaspoonful carbonate of soda
pinch of salt

Add the salt to the flour, dissolve the soda in the milk and mix into a soft light dough; roll out at once and cut into rounds. Heat the girdle, rub it with a piece of suet, place on the scones; when set and cooked on one side turn and cook on the other. These scones are best split open, buttered and served hot.

SCONES, WHOLEMEAL, to make.

4 oz. wholemeal
4 oz. white flour
1 oz. butter or lard
1 teaspoonful baking powder
pinch of salt
1 gill milk

Rub the butter into the flour, add the salt and baking powder and mix to a soft dough with the milk; roll out and cut into rounds or three-cornered shapes and bake from 10 to 15 minutes. When half baked brush over with milk.

SCORCH MARKS, to make a mixture for removing.

Take 2 oz. soda, 2 oz. fuller's earth and a finely-chopped onion, and boil for 10 minutes in ½ pint vinegar. Strain, and spread on the marks when mixture is cold. Allow it to dry on.

SCORCH MARKS, to remove from white silk.

By putting a drop of peroxide of hydrogen on the mark, and passing the iron over it, the spot will be completely removed.

SCREWS, to loosen rusted.

One of the easiest ways of loosening a rusted screw is to apply heat to its head. A small bar or rod of iron, flat at the end, if reddened in the fire and applied for 2 or 3 minutes to the head will, as soon as it heats the screw, render its withdrawal as easy by the screwdriver as if it had only recently been put in.

SCURF IN THE HEAD, to remedy.

Apply gentle friction with a flannel dipped in olive or almond oil, and when the oil has well soaked in and loosened the scurf, the head should be washed with soft soap and warm water. This may require repeating several times before the head is quite free. Sulphur ointment should be rubbed in.

SCURVY, to prevent and remedy.

Eat plenty of vegetables and fresh meat, and drink 3 or 4 oz. of lime juice daily. Treacle and molasses are beneficial. Children require a plentiful supply of fresh milk, raw meat juice,

and the juice of lemons, diluted with water, and sweetened with sugar. Scurvy may be prevented in times and places where no fresh vegetables are obtainable by the use of tinned vegetables, and the daily issue of 1 to 10 oz. of lime juice.

SEA-KALE, to cook.

sea-kale	½ pint white sauce
salt	toast

Well wash, trim and tie the sea-kale in bundles, put into boiling salted water and boil from 20 to 30 minutes. When tender drain it, dish on a slice of toast and pour the white sauce over and serve.

SEEDS, to protect from birds.

Seeds of plants such as spruce, fir, larch, and Scotch fir, should be rolled in red lead just before sowing.

SEEDS, BEANS AND PEAS, to preserve from mice. *See* BEANS AND PEAS.

SEIDLITZ POWDERS, to make.

2 drachms of Rochelle salts, and 2 scruples of bicarbonate of soda, in a white paper; 35 grains of tartaric acid in a blue one. Dissolve that in the white paper in nearly half a tumbler of water, then add the other powder, dissolved in another half tumbler of water. Syrup mixed with the water makes it more agreeable. It is a gentle laxative.

SEMOLINA PUDDING. *See* PUDDING, SEMOLINA.

SEMOLINA, SAVOURY, to prepare.

2 oz. semolina	little mustard
½ pint milk	salt and cayenne
2 oz. grated cheese.	egg and bread-crumbs

(Enough for four or five people.)

Cook the semolina in the milk till transparent, add the mustard, grated cheese, salt and cayenne; mix well together, allow it to cool; form into small squares, coat with egg and bread-crumbs, fry a golden brown in hot fat, arrange neatly on a hot dish with fancy paper, sprinkle over some grated cheese and serve hot. Half this quantity is sufficient for a small dish.

SENNA, as purgative. *See* PURGATIVES.

SENNA, INFUSION OF, to make.

1. One oz. senna, 30 grains sliced ginger, 10 oz. boiled water; infuse for an hour and strain. Dose 1 to 2 oz.

2. One oz. senna, 6 fluid oz. boiling water; infuse, strain, add 12 oz. treacle, and evaporate to consistency. This is an aperient. Dose 1 to 4 drachms.

SHALLOTS, to grow.

Plant the separate offsets in spring, or in October or November. They should be 2 inches deep and 6 to 8 inches apart. Gather in July or August. If dried and stored they will keep till the following year.

SHANDY GAFF.

Mix equal parts of pale ale and ginger ale.

SHEEP'S HEAD, AND BROTH, to cook.

1 sheep's head	1 oz. butter
2 carrots	1 gill milk
2 turnips	3 oz. rice
1 onion	chopped parsley
1 oz. flour	salt and pepper

(Enough for five or six people.)

Thoroughly cleanse the head, take out the splinters, wash in salt and water, put the head in cold water and bring to the boil; pour away the water, add fresh water and boil, removing the scum; cut up the vegetables and add with the rice, simmer gently for three hours or till the meat will leave the bones. Put the brains into a small piece of muslin and drop into the stewpan about fifteen minutes before the head is done. Cut the meat from the head, place in the centre of a hot dish, put a border of rice and vegetables round; slice the tongue and chop the brains; make a sauce with the butter, flour and milk, adding some of the liquor; season well and add chopped parsley. Coat the head with this sauce and garnish with sliced tongue and chopped brains.

SHEEP'S HEART, to roast.

1 sheep's heart	1 small onion
2 oz. bread-crumbs	½ teaspoonful herbs
1 oz. chopped suet	1 egg or little milk
1 teaspoonful parsley	salt and pepper

(Enough for one or two people.)

Thoroughly cleanse the heart in salt and water; cut off the muscle, mix the stuffing, fill the heart with it; skewer or sew up the openings. Bake in the oven, basting frequently; dish on a hot dish. Pour off the fat, put a little flour in the tin, brown it, add water; boil up, season it and pour round the heart. The heart can be cooked in a saucepan if more convenient.

SHERBET, LEMON, to make.

Dissolve ¾ lb. loaf sugar in one pint water, add the juice of 5 lemons, and press them so as to extract not only the juice but the oil of the rind, and let the skins remain awhile in the water and sugar. Strain through a sieve, and then freeze it like ice cream.

SHERBET, ORANGE, to make.

Take the juice of 6 oranges and pour ½ pint boiling water on the peel and let it stand covered half an hour. Boil ½ lb. loaf

sugar in ½ pint water, skim, and then add the juice and the water in the peel to the sugar. Strain it and cool with ice, or freeze it. The juice of a lemon and a little more sugar improves it.

SHERBET, STRAWBERRY, to make.

Crush 1 quart ripe strawberries and add the juice of 1 lemon, 2 tablespoonfuls orange flower water, and 3 pints water. Allow to stand for several hours and strain over ¾ lb. sugar. Stand in ice an hour before using.

SHINGLES.

Shingles in an otherwise healthy person is generally the result of a chill. They may occur anywhere on the body. The most usual places are around the corners of the mouth, on the neck, arm, chest and waist.

Symptoms.—The eruption consists of small blisters on an inflamed base, and always follow the course of a nerve. The eruption is painful, tingles and smarts. The attack usually lasts from four to fourteen days. In the ordinary course of events the blisters dry up and the inflamed spots disappear. If the blisters break and become infected with microbes, or the patient irritates them by scratching, alarming sores may develop and take weeks to heal.

Treatment.—Zinc ointment or powdered starch and zinc oxide should be constantly applied. If the blisters break and leave a raw surface, the area should be at once dusted with the powder, or the ointment applied. A raw surface should never be allowed to be exposed to the air, neither must clothes be allowed to touch it. It must always be covered with the powder or ointment. In places that can easily be bandaged, the affected part should be covered with cotton-wool and bandaged. A ten-grain dose of antipyrin will relieve the pain and smarting.

SHOES, to repair.

Old cycle tyres can be utilized for soleing children's shoes. Cut to the necessary size for shoe soles and heels and nail on with sprigs. These will last well and one tyre will do many shoes.

SHOES, to restore wet.

Remove immediately, wash off all mud, and wipe thoroughly. Then rub in plenty of vaseline and set aside, away from the fire, for several days. When quite dry the grease will have restored the natural oil, and the shoes will be almost as good as new.

SHOES, BADLY FITTING, to remedy.

Sew a piece of garter elastic—about six inches—at the inside of the back of the shoe. Taper it off gradually towards the instep at either end.

SHOES, DAMP, to polish.

A little paraffin should be added to the shoe polish when

cleaning damp shoes. When shoes are to be laid aside for some time, it is advisable, to prevent them becoming mildewed or mouldy, to sponge them very lightly with some essential oil, like cloves, lavender or almond.

SHOES, SILVER, to restore.

For tarnished silver shoes mix some whitening to a paste and apply evenly to the shoes, leaving them to dry in a cool place. Then brush out the powder and the tarnish will have disappeared.

SHOES, SUÈDE, to clean.

The shoes should first be stuffed with soft paper. Then apply some spirits of turpentine to them by means of a clean rag. Continue to rub until clean, constantly turning the rag. Hang up to dry in a draughty place to remove all smell of turpentine.

SHOES, WHITE KID, to clean.

After rubbing the shoes with cream of tartar leave them for an hour and then well rub with a mixture of powdered alum and Fuller's earth in equal parts. Then take a clean dry rag and rub the shoes until all the powder is removed. Finally rub over with fine oatmeal and wipe with a soft cloth.

SHORTBREAD, to make.

½ lb. flour	2 oz. castor sugar
6 oz. butter	pinch of salt

Sift the flour and salt into a basin, add the sugar and rub in the butter, turn it on to a pastry board or marble slab and knead until quite smooth; shape it into a round, pinch the edges with the thumb and first finger, put it on a buttered baking sheet with several layers of buttered paper under it, prick the top and tie round the outside of the cake a band of stiff buttered paper. Bake in a slow oven for about three-quarters of an hour. A piece of citron may be put on the top if liked.

SHREWSBURY BISCUITS. *See* BISCUITS, SHREWSBURY.

SHRIMPS, CURRIED.

Cook in accordance with recipe for prawns (curried).

SILENE (CATCHFLY), to cultivate.

As a hardy annual *Silene* can be used very effectively for early summer display from seed sown in autumn, but it needs a light, dry soil for its successful culture. *S. Armeria* is a handsome variety, with good foliage and fine heads of white or pink flowers of aromatic scent. It sows itself readily in congenial soil and is well suited for the wild garden. *S. pendula,* in its many forms and colours, is valuable as a bedding plant, especially in the *compacta* section and double-flowered strains. *S. alpestris* is a hardy perennial, a compact Alpine plant which may be grown from seed sown in

autumn. Quite early in summer it is covered with glistening white flowers and may be freely used in the rock garden. *S. acaulis* is another Alpine plant, growing in firm tufts of beautiful light green in which appear masses of pink or crimson flowers. *S. Schafta* is a useful variety for late summer flowering—a hardy perennial spreading into tufts 5 or 6 inches high and bearing from July to September large flowers of reddish purple.

SILK, SHANTUNG, to iron.

Usually Shantung silk is ironed whilst still damp, but a better and a quicker way is to iron with a fairly hot iron when quite dry.

SILK, TUSSORE, to wash.

The garment should be soaked in cold water, squeezed out of a soapy lukewarm lather, and then rinsed in water of the same temperature in which a little salt has been dissolved. Hang in the shade and iron when quite dry on the right side.

SILVER, to keep bright.

Silver in constant use should be washed every day in soap and warm water, drying with old soft linen cloths. Twice a week (after this washing) give it a thorough brightening with finely-powdered whiting, mixed to a thin paste with alcohol; rubbing longer and harder where there are stains. Then wipe this off and polish with clean soft old linen.

SILVER, to preserve in damp weather.

To prevent silver tarnishing in damp or foggy weather it should be smeared lightly with linseed oil on a flannel after it has been cleaned. Then polish with chamois leather.

SILVER, FROSTED, to clean.

Powdered billiard chalk with a little ammonia or methylated spirits and brushed with a soft brush, is good for this purpose. The article should then be washed in warm water, using soap and brush, and allowed to dry in fine sawdust or boxwood.

SILVER PLATED WARE, to resilver.

Place in a glass vessel 1 oz. nitrate of silver, 2 oz. cyanuret potassa, 4 oz. prepared Spanish whiting, and 10 oz. pure rain water. The article to be replated should first be thoroughly cleansed in strong hot soda water. Apply mixture with a soft brush, and finish with a chamois skin.

SILVER, SCRATCHED, to clean.

Make a paste of olive oil and putty powder. Rub on with a chamois leather. Then clean as usual.

SILVER WEDDINGS.

Generally known as a "Silver Wedding," the twenty-fifth anniversary of a couple's marriage is often marked by some special celebration, such as entertaining friends at an afternoon party or a dinner-party, the latter usually followed by a dance.

Invitation cards printed in silver are in either case sent out about a fortnight or three weeks in advance.

For an afternoon party or reception the cards would be worded :

"Mr. and Mrs. Dash

At Home

to celebrate their Silver Wedding

on .....at.....p.m."

For a dinner-party the ordinary form for such invitations is used, with the additional words "To celebrate their Silver Wedding." If a dance is to follow, "Dancing" should be printed in one corner of the card.

It is a charming idea to secure the presence of as many as possible of those friends and relations who attended the marriage of the couple.

Each guest invited sends a gift, which should be of silver, though it need not be costly, and these gifts are displayed, bearing the cards of the senders.

Sons and daughters or young friends usually like to take charge of the arrangements for the festivity, prettily decorating the rooms—white flowers and silver embellishments being conspicuous —and a silver-ornamented wedding-cake should take a prominent place amongst the refreshments. At a tea-party it occupies the centre of the table.

When a toast is drunk—in champagne if available—the husband replies for his wife and himself, and she cuts the cake.

If a dinner-party is given the usual etiquette for such occasions is observed, except that husband and wife together lead the way into the dining-room. Their healths will be drunk and the cake cut when the dessert stage is reached.

If a dance follows, husband and wife again lead the way and dance the first dance together.

SIMNEL CAKE. *See* CAKE, SIMNEL.

SINKS, to clean.

Mix together a pennyworth each of pearl-ash, soft soap and Fuller's earth, gradually adding a quart of boiling water. Keep this mixture in an old tin and rub the sink each day with a flannel dipped in it, rinsing thoroughly.

Dissolve an ounce of permanganate of potash in 3 pints of boiling water and pour a little of the solution down all sinks, baths and basins once a week.

SIZE, to prepare.

Boil to a jelly the parings and threads of parchment, vellum or leather, and strain it through a sieve. Add 2 lbs. alum dissolved in boiling water if size is to be kept for a time.

SKIRTS, to remove mudstains from.

Allow the stains to dry before attempting to remove them, otherwise the wet mud will sink into the material. Should brushing fail to remove the mud, sponge the material with pure alcohol which is uninjurious to any fabric whether light or dark.

SLEEPLESSNESS, to remedy.

The diet should be regulated if indigestion is the cause. A walk or anything that takes the thoughts off the subject or business that the patient has been studying will often enable him to spend a good night. Over-fatigue should be avoided. A biscuit and a glass of hot milk or home-made lemonade is an excellent sleeping draught. Hot-water bottle to the feet and a tepid bath are sufficient in some cases to induce sleep. Drugs of any sort are dangerous. Nearly all sleeping draughts give the patient a headache in the morning. Sulphonal in 10 to 30 grain doses for an adult is tasteless, and does not derange the digestion. It should be taken in milk two hours before bedtime. The sulphonal habit is easily acquired, and very hard to break. It should not be taken except on rare occasions.

SLOE GIN, to make.

4 lb. sloes
1½ lb. sugar candy
½ gallon gin
½ oz. bitter almonds, finely minced
½ lb. sugar

Well bruise the sloes, crush the sugar candy and put all together into a small cask, stirring thoroughly. Leave for three months and then strain through fine muslin, bottle and securely cork.

SLUGS AND SNAILS, to prevent and destroy.

In moist gardens and particularly in beds which are edged with grass, or some herbaceous border, slugs and snails may do much mischief—not only in the vegetable garden, but also in the flower-beds. Among slugs the small black and white varieties are probably the most destructive, partly because they are less readily detected, whereas the larger sort can be caught with a pair of tongs by hunting for them at nightfall: a warm, damp evening is sure to bring them abroad. Fresh lime, dusted on the ground, is a common remedy, but its efficacy in rainy weather is soon exhausted and really the best means of protection from slugs seems to be the use of wood ashes and the ashes of bonfires from such garden rubbish as cannot be dug in as manure. These ashes, if kept dry and mixed with a little soot and coal ash, are invaluable for dusting over seedlings and young vegetable crops, as in addition

to warding off the attacks of slugs, they enrich the soil and thereby promote a rapid growth which quickly emancipates the plant from the attacks of vermin. This method is also a protection from the ravages of snails, against whom, however, a more open warfare may be waged by searching for them at evening or early morning, and destroying them. A good plan to prevent snails crawling up a wall is to daub the bottom of the wall with a paste compounded of oil and soot, thus forming a barrier over which they will not pass.

SMALLPOX.

Causes.—It arises by contagion. It is conveyed by clothes, bedding, or anything which has come into contact with an infected person. Breathing the air that surrounds a case of smallpox is considered sufficient to convey the disease. All ages and both sexes are liable to it.

Symptoms.—As a rule, the disease first makes its appearance twelve days after infection. It commences suddenly with a shivering fit, severe pain in the loins, vomiting, headache, fever, loss of appetite and furred tongue. On the third day from the onset the eruption appears and consists of small, red, raised pimples on the forehead, face and scalp : afterwards they come out on the rest of the body. Three days later they turn into blisters ; the head of the blister becomes dimpled. On the eighth day the fluid in the blister changes into matter. By this time the skin where the eruption is becomes swollen; the face and features are hardly recognizable. In the course of a few days the matter dries up and forms a scab and this later on falls off, leaving a red spot. In the course of time the spot becomes a white scar. Before the typical eruption appears, a red rash, like scarlet fever, may cover the body. When the rash appears the temperature falls and the general condition improves. The person may seek advice for the pimples on his face and be found to be suffering from smallpox. When the blisters turn into matter fresh fever occurs and lasts from four to six days.

The foregoing is a description of the ordinary form of smallpox, but many varieties of the disease exist. Some have few spots, whilst in others the eruption thickly covers the body and is very virulent.

Complications.—Complications may set in of which injury to the front of the eye is the most common, and this may lead to loss of, or impairment of the sight.

Treatment.—The person should be put to bed and completely isolated. The diet should consist of milk and beef tea. Sponging and applying vaseline to the spots will allay the itching. The person can still spread the disease until the scabs and crusts have fallen off.

If an epidemic of smallpox breaks out everyone should be vaccinated, regardless of when they were last operated on.

SMELLING-SALTS, to prepare.

Thoroughly mix together ½ pint liquor of ammonia fort, ½ dram

oil of lavender, ½ dram oil of rosemary, ¼ dram oil of bergamot and 5 minims oil of peppermint. Use for filling bottles and cork tightly.

SMELTS, to fry.

1 dozen smelts
flour
salt and pepper
egg and bread-crumbs
lemon
parsley

(Enough for four people.)

Wash the smelts—they require gentle handling in cleaning—trim with scissors, dip in seasoned flour, coat with egg and bread-crumbs, roll on board to make them a nice shape and fry a golden brown in hot fat. Arrange on a hot dish with fancy paper; garnish with quarters of lemon and fried parsley. Serve with tartare or tomato sauce.

SNAKE ROOT, to cultivate. *See* ARUM.

SNAPDRAGON (ANTIRRHINUM), to cultivate.

These hardy perennials are most useful border plants and for the tops of walls, as they are easy of cultivation and thrive almost anywhere, though a free sandy soil is that congenial to them. For early flowering the seed should be sown in heat in January or February, and the seedlings transplanted to the border as soon as large enough. They can also be treated as annuals, sowing the seed in the open in April and thinning out to about a foot apart. But as the snapdragon is quite hardy, the best way of all, perhaps, is to sow in drills in the open during the summer for flowering in the following season.

SNOW-BLINDNESS.

The glare of the snow often causes dimness of sight and sometimes almost complete blindness. The condition passes off when the snow has gone, or regions free from snow are reached.

Treatment.—Smoked glasses should be worn to protect the eyes if the person is exposed to the glare of the snow for any length of time.

SNOWDROP, to cultivate.

No flower is more welcome in spring and none more valuable for its hardiness and early bloom. Plant offsets in a moist, shady place in autumn at a depth of about 3 inches. Take up once every three or four years after the leaves have withered.

SOAP, HOME-MADE, to prepare.

4½ pints water
6 lb. fat (any kind)
3 lb. black American ashes

Boil for quarter of an hour, and stand for 24 hours. Then boil for 10 minutes, stirring occasionally.

SOAP, TOILET, to make.

Take 1 lb. pure beef tallow, 1 lb. sal soda, ½ lb. salt, ½ oz. gum camphor, ½ oz. oil of bergamot, ½ oz. borax; boil slowly for an hour, stirring often. Stand till cool, then heat to make it run steadily, and turn into moulds dipped in cold water.

SODA WATER, BOTTLE, to prepare without a machine.

Dissolve ¾ lb. granulated sugar and 1 oz. super-carbonate of soda in a gallon of water. Pour into pint bottles and then place in each ½ dr. finely-powdered citric acid. Cork and fasten down immediately. The bottles should be carefully handled and more sugar may be added if required.

SODA WATER, HOME-MADE, to prepare.

Mix 40 grains each carbonate of soda and fine loaf sugar, 50 grains lemon or tartaric acid in 4 glasses of water; stir and drink. If a sliced lemon be used instead of the acid the drink will be improved.

SOLDER, to make.

Melt 1 lb. pure banca tin, then add ½ lb. clean lead, and when it is melted, stir the mixture gently with a stick, and pour it out into strips.

SOLDER, FOR GOLD, to make.

6 pennyweights gold, 1 pennyweight silver, 2 pennyweights copper.

SOLDER, FOR SILVER, to make.

19 pennyweights fine silver, 1 pennyweight copper, 10 pennyweights sheet brass. Fuse together.

SOLE, to fry.

Skin and trim the fish and cut them open. Dip them in egg and bread-crumbs and fry in boiling lard to a light brown. Serve with whole lemons.

SOLE À LA COLBERT, to fry.

1 sole
egg and bread-crumbs
little flour
salt and pepper
½ oz. butter
1 teaspoonful chopped parsley
lemon juice

(Enough for three people.)

Skin and trim the sole, make an incision down the centre and remove a piece of the backbone 2 inches long and slightly raise the fillets; dip in seasoned flour and coat with egg and bread-crumbs; fry a golden brown in hot fat, drain well, dish on a fancy paper and place in the opening a square of maître d'hôtel butter made by mixing on a plate the butter, chopped parsley and lemon juice; if quite firm this can be cut in fancy shapes with a small cutter.

SOLE À LA FLORENTINE, to prepare.

fillets of sole (2 soles)
½ lb. cooked spinach
good white sauce
2 oz. Parmesan cheese
1 shallot
1 tablespoonful cream
1 oz. butter
½ glass white wine
lemon juice
salt and pepper

(Enough for six or seven people.)

Cook and sieve the spinach, melt the butter and brown in it the finely-chopped shallot; add this to spinach with cream and seasoning. Place it in a layer in a greased fireproof dish; dry and knot the fillets of sole, poach them for 10 minutes in a greased sauté pan with a little lemon juice, white wine and fish stock with a small piece of butter on each fillet. When cooked place the fillets on the spinach, sprinkle over some of the grated cheese, add the rest to the white sauce with the liquor the fillets were cooked in, coat the fillets with the sauce, sprinkle over more cheese and brown under the griller, or in a quick oven, and serve.

SOLE À LA PORTUGAISE, to prepare.

1 sole
1 Spanish onion
2 or 3 tomatoes
1 oz. butter
1 oz. grated cheese
salt and pepper

(Enough for four people.)

Skin the sole, place it in a greased fireproof dish, slice the onion very thinly, place on the top of the sole with the tomatoes sliced, sprinkle over salt and pepper and the grated cheese, put the butter in small pieces on the top and bake from 20 to 30 minutes. The sole can be filleted if preferred and tomato sauce used instead of sliced tomato; fillets of any fish can be "à la Portugaise."

SOLE AU GRATIN, to prepare.

1 sole
4 mushrooms
lemon juice
parsley
1 small shallot
some Italian sauce
little sherry or white wine
½ oz. butter
brown bread-crumbs
salt and pepper

(Enough for four people.)

Chop the shallot, parsley and mushrooms finely; grease a fireproof dish, lay in some of the seasoning, skin and score the sole, place it in the dish, moisten with lemon juice and a little sherry or white wine, place on the rest of the seasoning and cover with Italian sauce, sprinkle over a few brown crumbs and put some small pieces of butter on top and bake for 20 minutes; sprinkle over a little finely-chopped parsley and serve.

SOLE AU PARMESAN, to prepare.

2 medium-sized soles
1 oz. flour
2 oz. butter
1 gill milk
1½ oz. Parmesan cheese
little lemon juice
salt, pepper and nutmeg

(Enough for five or six people.)

Skin, trim and wipe soles, place them in a greased tin or

fireproof dish, season them and squeeze over some lemon juice, cover with greased paper and bake for 20 minutes. Make a sauce with the butter, flour and milk, cooking the flour in the butter till a pale fawn colour; add the grated cheese, stir till it boils and cook for 10 minutes; season with salt, pepper and nutmeg. Strain the sauce over the soles, brown under the gas or in a quick oven and serve.

SOLE KNOTS, to prepare.

1 sole
flour
pepper and salt
egg and bread-crumbs
parsley

(Enough for four people.)

Skin and fillet a sole, cut each fillet in half lengthways, tie each piece in a knot, dip in seasoned flour, coat with egg and bread-crumbs, fry a golden brown in hot fat, drain on paper, dish on fancy paper and garnish with fried parsley. Serve with tomato or any suitable sauce.

SORES, an ointment for.

For a good antiseptic and healing ointment for all sores mix 1 dr. iodoform with 1 oz. vaseline. Reduce the iodoform to a powder and then add it to the vaseline. Heat until the iodoform is dissolved.

SORREL, to grow.

Grow from seed in the autumn and transplant. A better way is to divide the off-sets of the root in the spring or autumn and plant a foot apart.

SOUFFLÉ, CHEESE. *See* CHEESE SOUFFLÉ.

SOUFFLÉ, CHOCOLATE, to prepare.

1 oz. butter
1 oz. flour
1 gill milk
3 oz. chocolate
½ oz. sugar
yolks of 2 and whites of 3 eggs
vanilla essence
chocolate sauce

(Enough for four or five people.)

Make a panada with the butter, flour and milk in which the chocolate has been dissolved and mix smoothly; cook for a few minutes; allow the mixture to cool and add the sugar, yolks of eggs and vanilla essence; whip the whites stiffly and stir in lightly. Pour into a buttered soufflé dish, tie round a band of buttered paper and bake in the oven for 35 minutes. Serve with chocolate sauce.

Note.—This soufflé may be steamed as vanilla or sago soufflés. It will take 45 to 50 minutes.

SOUFFLÉ, PINEAPPLE, to prepare.

2 oz. butter
3 oz. flour
3 oz. pineapple
½ pint milk
1 oz. sugar
yolks of 3 and whites of 4 eggs
grated lemon rind
pineapple sauce

(Enough for five or six people.)

Make a panada with butter, flour and milk, stir till it boils; add the pineapple cut into tiny dice, sugar and grated lemon rind. When the mixture is cool beat in the yolks of eggs; whip the whites to a stiff froth and stir in lightly. Pour into a well-buttered soufflé tin decorated with pieces of pineapple; tie a band of buttered paper round the outside of the tin and cover with a piece of paper. Steam for an hour and serve at once.

Sauce

1 gill pine juice
1 oz. sugar
1 wineglassful sherry
few pieces of pine

SOUFFLÉ, SAGO, to prepare.

2½ oz. small sago
3 oz. butter
3 oz. sugar
3 eggs
½ pint milk
vanilla essence
cherries and angelica
jam sauce

(Enough for five or six people.)

Wash the sago and cook it till clear in the milk with the butter and sugar; allow it to cool and beat in the yolks of eggs, add the vanilla and lastly the stiffly-beaten whites, mix very lightly. Pour into a well-buttered soufflé tin decorated with cherries and angelica cut in leaves; tie a band of buttered cartridge paper round the soufflé tin, and steam very gently for 45 to 50 minutes. Turn out carefully and serve immediately, with apricot sauce poured round.

SOUFFLÉ, VANILLA, to prepare.

1½ oz. butter
1½ oz. flour
1 gill milk
½ oz. sugar
4 yolks and 5 whites of eggs
vanilla essence
cherries and angelica
jam sauce

(Enough for four or five people.)

Cook the flour in the butter and add the milk, cook for a few minutes; allow the mixture to cool, add the sugar and beat in the yolks of eggs, flavour well with vanilla; whip the whites to a very stiff froth, stir in very lightly. Pour the mixture into a well-buttered soufflé tin decorated with cherries and angelica; tie a band of buttered paper round outside the tin, place a piece of paper on the top and steam gently for 35 to 40 minutes. Serve at once with jam sauce poured round.

SOUP, ALMOND, to prepare.

3 oz. sweet almonds
6 bitter almonds
1 head celery
1½ pints white stock
½ pint milk
1 gill cream
1 small onion
1 oz. butter
1 oz. flour
salt and pepper

(Enough for four people.)

Blanch and pound the almonds, put on to boil with the cut-up celery and onion in the stock, simmer gently for an hour; rub through a sieve. Cook the butter and flour together, add the purée and the milk, bring to the boil, stirring all the time; add the seasoning, put the cream in the tureen, pour the soup over, stirring gently, and serve.

SOUP, BROWN VEGETABLE, to prepare.

1 quart water
1 carrot
1 turnip
1 onion
1 stick celery
bunch of herbs
1 oz. flour
1 oz. dripping or butter
salt and pepper

(Enough for four people.)

Melt the dripping in a stewpan, prepare and chop the vegetables and brown them carefully in the fat, remove them, add the flour to the fat and brown it, taking care it does not burn; add the water gradually, stir till it boils, return the vegetables and the herbs to the stewpan and simmer gently for an hour; strain, season well and serve with squares of toast.

SOUP, CARROT, to prepare.

4 carrots
2 or 3 sticks celery
2 onions
1 turnip
1 oz. butter
1 quart stock
1 slice ham or ham bone
2 lumps sugar
salt and pepper

(Enough for four people.)

Prepare and slice the vegetables, put them into a saucepan with the butter and cook ten minutes with the lid on; pour over the stock, add the ham, a bouquet garni and the sugar; simmer for two hours. Pass the soup through a sieve, season, and serve with fried croûtons of bread.

SOUP, CELERY, to make.

1 head celery
1 piece butter (size of an egg)
2 pints water
a little salt and white pepper
yolk of 1 egg
1 gill milk or cream

Melt the butter in a pan, then add the celery and stir till covered with butter. Pour on the water, add salt and pepper, and boil (without a lid on the pan) till celery is quite soft. Skim constantly as the froth rises. When celery is soft, rub through a sieve. Pour soup back into pan and stir till boiling. Mix the egg and cream and add to the boiling soup.

SOUP, CHESTNUT, to prepare.

1 quart white stock
1 lb. peeled chestnuts
1 gill cream
salt and pepper
cayenne

(Enough for four people.)

Wipe the chestnuts, split the shells across, put them in a saucepan of boiling water and boil ten minutes; peel them and put them in a stewpan with the stock and cook slowly until quite soft. Pass the soup through a hair sieve, add the seasoning and cream, reheat and serve with croûtons of fried bread.

SOUP, COCK-A-LEEKIE, to make.

Boil a young fowl for an hour in stock or water, and remove from saucepan. Well wash 6 or 8 leeks and cut the heads into 1 inch lengths and add to soup. Then add 3 tablespoonfuls rice (cooked and well dried) and a little seasoning to taste. Place this mixture into the liquid and boil for half an hour, then add the fowl cut into small pieces. Serve very hot.

SOUP, FRENCH CHEESE, to prepare.

1 pint white stock
½ pint milk
1 onion
1 bay leaf
1 oz. butter
1 oz. flour
3 oz. Gruyère cheese
salt and pepper

(Enough for three people.)

Chop the onion, fry lightly in the butter, add the milk and boil up; add the bay leaf and the flour mixed smoothly with a little milk, allow it to boil for 15 minutes, stirring well; then add the grated cheese and season, boil again and serve.

SOUP, GRAVY, to prepare.

1 quart stock
1 small carrot
1 onion
turnip
bouquet garni
salt and pepper
1 oz. cooked macaroni

(Enough for four people.)

Cut up the vegetables and add with the bouquet garni to the stock, simmer gently for 30 minutes; strain, season well, add the cooked macaroni cut in small rings; vermicelli can be added as the garnish if preferred.

SOUP, HARE, to prepare.

3 quarts water
1 hare
1 lb. gravy beef
1 carrot
1 turnip
1 onion
2 oz. ham or bacon
1 blade of mace
12 peppercorns
bunch of herbs
3 oz. flour
3 oz. butter
salt and pepper
2 glassfuls port wine

(Enough for ten or twelve people.)

Cut the hare into joints and fry them with the ham in butter; prepare the vegetables, cut in pieces and fry lightly; put the hare,

vegetables, spices and herbs into a stewpan and pour over the water; simmer gently from 4 to 5 hours; strain it and let the liquid get cold, remove the fat, add the thickening of flour and cook well, add the seasoning and the port wine. Serve with forcemeat balls in the soup. Some of the hare can be pounded and passed through a sieve and added to the soup if liked.

Forcemeat Balls

2 oz. bread-crumbs
1 teaspoonful parsley
little grated lemon peel
1 egg
1 oz. finely-chopped suet
½ teaspoonful herbs
salt
pepper

Mix all the ingredients together, add the liver of the hare, cooked and chopped, bind with the egg, form into small balls and fry them in butter.

SOUP, HARICOT, to prepare.

1½ pints water
½ pint milk
½ pint haricot beans
1 onion
½ oz. dripping
salt and pepper

(Enough for four people.)

Soak the beans for 12 hours in cold water with a pinch of carbonate of soda; melt the dripping in a saucepan, add onion and beans, cook for 5 minutes with the lid on, add the water and simmer for 3 or 4 hours until the beans are tender. Pass through a sieve, add the milk, season well, reheat, and serve with croûtons of fried bread.

SOUP, IMITATION HARE, to prepare.

1 quart stock or water
¼ lb. gravy beef
1 carrot
1 onion
1 small turnip
1 oz. flour
1½ oz. butter
bouquet garni
1 dessertspoonful mushroom ketchup
1 dessertspoonful Worcester sauce
1 wineglassful port
½ teaspoonful red currant jelly
salt and pepper

(Enough for four people.)

Cut up the meat, dip in flour and brown in the butter with the onion whole stuck with cloves; remove the meat and onion and carefully brown the flour; add the water or stock gradually, allow to boil. Put back the meat and onion, the vegetables cut up, and the flavourings. Simmer for 1½ or 2 hours, strain and return to the stewpan; add the forcemeat balls, cook gently for 10 minutes, season well and add last the port and red currant jelly.

SOUP, KIDNEY, to prepare.

1 ox kidney
1 carrot
½ turnip
1 onion
3 small potatoes
1 oz. flour
1 oz. dripping
3 pints water
1 teaspoonful vinegar
½ tablespoonful ketchup
salt
pepper

(Enough for five or six people.)

Wash and cut up the kidney into pieces, prepare and slice the

vegetables, melt the dripping in the saucepan and fry the onion; dip the pieces of kidney in the flour and fry lightly, add the water and vegetables, simmer for 3 hours; rub all through a sieve and reheat and add the seasoning and flavourings. Some of the pieces of kidney may be kept back before sieving and served in the soup as a garnish.

SOUP, LENTIL, to prepare.

½ pint lentils
1 quart water
3 onions
2 small carrots
1 small turnip
1 oz. dripping
2 potatoes
bunch of herbs
salt and pepper

(Enough for four people.)

Wash the lentils and soak for 12 hours with a little carbonate of soda in the water. Cut the vegetables into small pieces, put the dripping into the pan with them and cook for 5 minutes with the lid on. Add the lentils, water and flavourings, boil gently till reduced to a pulp, pass through a sieve, season and serve with small squares of toast or croûtons of fried bread.

SOUP, MACARONI, to prepare.

2 oz. macaroni
½ oz. butter
1 onion
4 cloves
1 quart clear soup
salt and pepper
grated cheese (Parmesan)

(Enough for four people.)

Cook the macaroni in fast-boiling water with the butter and onion stuck with cloves till quite tender; drain it well, cut into small rings or in half-inch lengths; heat the clear soup, put in the macaroni and simmer from 8 to 10 minutes; season and serve with grated Parmesan cheese.

SOUP, MELT, to prepare.

1 ox melt or 2 sheeps' melts
1 onion stuck with cloves
1 quart water
1 carrot
salt and pepper
1 oz. rice or sago

(Enough for four people.)

Well wash and cut up the melt, put with the salt and pepper into a saucepan, add the water and vegetables, and bring slowly to the boil. Remove the scum, simmer gently for about 2 hours, strain, return to the pan and thicken with rice or sago, or some short lengths of cooked macaroni.

SOUP, MOCK TURTLE, to prepare.

4 quarts water
½ calf's head
1 shallot
1 onion
1 carrot
1 turnip
2 sticks celery
6 mushrooms
½ lb. ham (raw)
bunch of herbs
blade of mace
6 cloves
3 oz. butter
3 oz. flour
2 wineglassfuls sherry
salt and pepper

(Enough for twelve or fourteen people.)

Wash the head thoroughly, cut the flesh from the bones and tie

in a cloth, place in a stewpan with the bones and simmer gently for 3½ hours; take out the head, strain the stock, and when it is cold remove the fat. Melt the butter in a stewpan and fry the vegetables and ham, add the flour and brown it carefully; add all the flavourings, pour in the stock and simmer for 2 hours, removing the fat as it rises; strain, return to the stewpan, add some of the calf's head cut into neat pieces, with the sherry; season well, and serve with small forcemeat balls made with veal stuffing and previously fried, or with egg balls.

SOUP, MULLIGATAWNY.

2 quarts stock
1 chicken or rabbit
1 onion
1 apple
4 oz. butter
4 oz. flour
2 oz. curry powder
½ pint cream
lemon juice
pinch of sugar
salt
4 oz. Patna rice

(Enough for seven or eight people.)

Prepare the chicken or rabbit and cut it into neat joints. Fry them a golden brown in the butter, then remove the meat and add to the butter the finely-chopped apple and onion. Cook with the lid on for 20 minutes. Add the curry powder and flour and cook well. Add the stock, stir until it boils, put back the meat and simmer until tender. Pass the soup through a sieve, add the flavourings and the cream. Cut the best of the meat from the bones and into small pieces and serve in the soup. Cook the rice well and serve separately.

SOUP, ONION, to prepare

3 Spanish onions
2 small onions
1 oz. dripping
2½ oz. flour
2½ pints water
¼ pint milk
salt
pepper

(Enough for four or five people.)

Peel and cut up the onions, put into a saucepan with the dripping and cook for 5 minutes with the lid on. Add the water and salt. Boil until the onion is quite tender, mix the flour smoothly with the milk, add to the soup and boil well. Season to taste and serve.

SOUP, OX-TAIL, to prepare.

1 ox-tail
2 quarts water
2 onions
2 carrots
1 turnip
bouquet garni
2 oz. butter
2 oz. flour
salt and pepper
wineglassful port

(Enough for six or seven people.)

Joint the tail, fry it with the vegetables in a little butter; add the water and herbs, bring to the boil and skim well; simmer from 3 to 4 hours and strain it. Cook the butter and flour together,

carefully browning the flour, add the stock and boil; put back some of the best pieces of the ox-tail, season well, add the port and serve.

SOUP, OYSTER, to prepare.

1 quart white stock (made from chicken, veal, or cod's head and shoulders)
2 dozen oysters
1 small whiting
1 onion
2 sticks celery
blade of mace
½ pint cream
few peppercorns
3 or 4 sprigs parsley
1 oz. butter
1 oz. flour
1 yolk of egg
salt and cayenne

(Enough for five or six people.)

Put into a saucepan the stock, whiting (cut in pieces, not skinned), mace, parsley, onion, peppercorns and oyster beards, simmer for an hour; strain through a hair sieve. Cook butter and flour together, add the strained stock and boil; season and add oyster liquor, yolk of egg mixed with the cream and the oysters cut into three or four pieces; reheat and serve.

SOUP, PALESTINE, to prepare.

1½ pints white stock
1 lb. artichokes
1 onion
½ pint milk
bouquet garni
1 oz. butter
1 oz. flour
2 tablespoonfuls cream
salt and pepper

(Enough for three or four people.)

Peel the artichokes under water with a little lemon juice or vinegar added; put the stock in a saucepan, add the chopped onion and sliced artichokes, simmer till tender; pass through a hair sieve. Make a roux with the butter and flour, add the purée and stir till it boils; add the milk and season well. Put the cream in the tureen, pour the soup over and stir gently; serve with croûtons of fried bread.

SOUP, PEA, to prepare.

1 quart water
½ pint split peas
1 onion
small piece of carrot
small piece turnip
stick of celery
salt and pepper

Soak the peas for 12 hours with a pinch of carbonate of soda added to the water, put them in a saucepan with the water and vegetables, cut up in small pieces. Simmer for 2 or 3 hours till tender, pass through a sieve, season and serve with croûtons of toast or fried bread; sprinkle over dried mint just before serving.

SOUP, PEARL BARLEY CREAM, to prepare.

1 quart stock
1 pint pearl barley
1 onion
1 carrot
chopped parsley
1 yolk of egg
a little milk
salt and pepper

(Enough for four or five people.)

Simmer the barley in the stock with the onion and carrot for

2 hours, having previously blanched it; remove the carrot, stew till reduced to a pulp, rub it through a sieve, add enough stock or water till it is the consistency of thick cream, boil up, allow it to cool and add the yolk of egg beaten with a little milk; season and serve with the chopped parsley sprinkled on the top.

SOUP, POTATO, to prepare.

1 lb. potatoes	1 oz. fat
2 onions	½ oz. sago
1 pint water	salt and pepper
½ pint milk	

(Enough for three people.)

Peel and cut the potatoes into slices, chop the onions, melt the fat in a saucepan, add potatoes and onions and cook for 5 minutes with the lid on; add the water and boil gently till reduced to a pulp; add the washed sago and the milk. Cook till the sago is transparent. Season and serve.

SOUP, RABBIT, to prepare.

1 rabbit	1½ oz. flour
3 onions	1 quart water
2 carrots	12 peppercorns
1 oz. butter or dripping	salt
1 tablespoonful mushroom ketchup	bunch of herbs

(Enough for four people.)

Skin and cleanse the rabbit, cut into neat joints and dip in flour. Melt the butter or dripping in a saucepan; lightly fry the chopped onions and the joints of rabbit. Pour in a quart of water, bring to the boil and skim well. Slice the carrots and add with the peppercorns and bunch of herbs. Simmer for 4 to 5 hours; strain and thicken with the remainder of the flour mixed with the ketchup. Cook for 5 minutes; season well and serve with croûtons of fried bread.

SOUP, RICE CREAM, to prepare.

1½ pints stock	2 potatoes
½ pint milk	1 stick celery
1 oz. ground rice	½ oz. butter
1 onion	salt and pepper

(Enough for four people.)

Slice the vegetables, put on with the stock and boil till tender, rub through a sieve, add the ground rice mixed smoothly with a little milk, return to the pan and boil for 5 minutes. A little cream is an improvement; season well, and serve with croûtons of fried bread.

SOUP, RICE AND TOMATO.

4 large tomatoes	1½ oz. rice
1 oz. dripping	salt
1 onion	pepper
1 quart water	

(Enough for four people.)

Melt the dripping in the saucepan. Lightly brown the chopped

onion, add the tomatoes cut into slices, also the water and rice. Boil gently until cooked. Add the seasoning and serve.

SOUP, TOMATO.

1½ pints white stock
1 lb. tomatoes
1½ oz. butter
1 oz. flour
1 teaspoonful sugar
1 gill cream
1 small onion
small piece of carrot
salt and pepper

(Enough for three or four people.)

Put the sliced tomatoes, chopped onion, sugar and carrot in a saucepan with the stock and simmer until tender, then pass through a hair sieve. Make a roux with the flour and butter, add the soup, stirring well until it boils. Then season, put in the cream, stir gently, pour into the tureen. Serve with croûtons of fried bread. If liked, a little tomato ketchup added will improve the colour.

SOUP, VEGETABLE MARROW, to prepare.

1 vegetable marrow
1½ pints milk
1 onion
½ oz. butter
½ oz. flour
chopped parsley
salt and pepper

(Enough for four people.)

Peel and slice the marrow, boil with the onion till tender, drain and rub through sieve; add the milk, butter and flour mixed smoothly with a little of the milk, boil up, season, sprinkle the chopped parsley over and serve with croûtons of fried bread.

SOUP, WHITE VEGETABLE, to prepare.

2 carrots
2 turnips
1 leek
1 onion
1 stick celery
1 bay leaf
1 oz. butter or dripping
1 quart water (boiling)
1 oz. flour
½ pint milk
½ teaspoonful sugar
salt and pepper

(Enough for four or five people.)

Clean, prepare and cut vegetables into strips, put them into a pan with the butter or dripping and cook for 5 minutes with the lid on, shaking occasionally; add the boiling water, bay leaf and sugar; boil gently until the carrot is tender. Mix the flour smoothly with the milk, stir into the soup, boil well and season.

SPAGHETTI, to cook.

Can be cooked according to any recipe for macaroni.

SPANISH PUFFS, to make.

½ pint water
2 oz. butter
6 oz. flour
4 eggs
1 dessertspoonful castor sugar
vanilla essence

(Enough for five or six people.)

Bring the water and butter to the boil, add the sifted flour, cook

well until it leaves the sides of the pan; allow it to cool, then beat the eggs in thoroughly one by one; add the sugar and vanilla essence. Put the mixture into a forcing bag with a plain tube, force it through and cut off about an inch in length and drop it into hot fat about 6 or 8 at a time. When they become twice the size, cut one in half to see if they are cooked. They usually take from 8 to 10 minutes. When cooked remove from the fat, drain well on paper, sprinkle with castor sugar, and serve piled up on a hot dish with a lace paper.

Note.—Half this quantity makes a nice dish.

SPINACH, to cook.

spinach
salt
soda
butter
hard-boiled egg
croûtons of fried bread
salt and pepper

Pick the spinach over and remove the stalks and mid ribs of the leaves, wash thoroughly in several waters to remove the grit, put in a saucepan with no water except that which adheres to the leaves; add a little salt and pinch of carbonate of soda; stir occasionally. When tender drain it and pass it through a sieve, return to the pan, add a little butter or cream, season it, dish in a pyramid shape in a hot vegetable dish; garnish with quarters of hard-boiled egg and triangles of fried bread.

SPINACH, to grow.

In March and April sow summer spinach in drills in the open and perpetual spinach (spinach beet). Sow the prickly-seeded variety in July and August to stand the winter. If sown broadcast, rake in, and thin out to a distance of about 4 inches; if sown in drills place the plants a foot apart.

SPLEENWORT, to cultivate.

A free-growing fern of deep green colour, well suited for growing in copse or on banks where it can have some shade from the sun. The smaller kinds are useful for the wall garden.

SPLINTERS, to extract.

Pound finely a small piece of resin and place on some linen. Drop some hot tallow-grease on the resin, applying it to the affected part. This will draw out the splinter very quickly.

SPONGES, to soften.

A sponge, when first purchased, is frequently hard, stiff, and gritty. To soften it (having first soaked and squeezed it through several cold waters), put the sponge into a clean saucepan, set it over the fire, and boil it a quarter of an hour. Then take it out, put it into a bowl of cold water, and squeeze it well. Wash out

the saucepan, and return the sponge to it, filling up with clean cold water, and boil it another quarter of an hour. Repeat the process, giving it three boils in fresh water; or more than three if you find it still gritty. Take care not to boil it too long, or it will become tender, and drop to pieces. You may bleach it by adding to the water a few drops of oil of vitriol.

After using a sponge, always wash it immediately in clean water, squeeze it out, and put it to dry.

SPONGES, to wash.

Wash sponges in warm water with either vinegar or tartaric acid added. Then rinse in plenty of cold water and hang in the air to dry.

SPONGES, RUBBER, to clean.

Dissolve ¾ oz. bicarbonate of soda in ½ pint tepid water and place the sponge in the solution. Leave it for a time and then thoroughly rinse in cold water.

SPRAINED ANKLE, to relieve.

Wash the ankle very frequently with *cold* salt and water. Keep your foot as cool as possible to prevent inflammation; and sit with it elevated on a high cushion. Live on very low diet, and take every day some cooling medicine; for instance Epsom salts. By observing these directions *only*, a sprained ankle has been cured in a few days.

SPRAINS, liniment for.

Mix well together 1½ oz. strong liniment of ammonia, 1 oz. oil of turpentine, 1 oz. spirits of camphor, and ¼ oz. yellow soap. Soak a piece of flannel in the liniment; apply to the sprain and cover with a dry bandage.

SPRAINS, to treat.

A cold water rag should be put on and covered with a firm bandage. The limb should be rested and elevated; after the acute symptoms have passed away the joint may be douched with hot water and rubbed with liniment. Massage is useful in taking down the swelling. *See also* EMBROCATION.

SPRING MEADOW SAFFRON, to cultivate. *See* BULBOCODIUM.

SQUILL (SCILLA), to cultivate.

For beautiful spring flowers none is more valuable than the squill, and the bulbs demand only the simplest culture. Planted in early autumn in any good garden soil they will bloom in spring —from February to May, according to kind—and need no attention for years beyond a yearly top-dressing of manure.

SQUINTING.

Causes.—Injury to the head, paralysis. The most common cause is defective sight. Near objects cannot be seen without straining the eyes. If this is allowed to continue a squint develops —generally at about the age of three to six years. That is about the age when children begin to look closely at things in learning their lessons, etc.

Treatment.—An oculist should be consulted. In the early stages glasses will correct this condition—later on an operation may be necessary. A child that has a tendency to squint should not use its eyes for near work, nor be sent to school too early.

STAIN, IMITATION OLD OAK, to make.

Mix together equal parts of turpentine and black cycle enamel and give one or two coats. It is not necessary to apply any varnish as this is contained in the cycle enamel.

STAIN, ROSEWOOD, to make.

Mix together 2 quarts alcohol and 1 oz. canwood and keep in a warm place for 24 hours. Then add 1½ oz. extract of logwood and ½ oz. aqua fortis. The stain is ready for use when ingredients are dissolved.

STAINS, a precaution in using petrol, etc, for removing.

Before starting to remove a stain with petrol or any other liquid cleaner, first damp the material with the cleansing agent round the outside of the stain and work inwards. Otherwise the stain will spread as the damp part grows bigger, and when dry the soiled edge will be almost as unsightly as the original stain.

STAINS, for wood. *See* WOOD.

STAINS, removal from the skin.

Use a solution made up of 2 dr. sodium hyposulphite in 6 oz. water.

STAINS, to remove on leather.

Rub the leather with a cloth dipped in spirits of wine.

STAINS, to remove on leather chairs.

To remove the greasy marks caused by the arms and head resting on leather chairs put a few drops of the following mixture on a flannel and rub into the leather :

Boil ½ pint linseed oil, and when almost cold, add ½ pint vinegar. Mix thoroughly, and bottle. After applying the oil, polish off with a soft cloth.

STAINS, to remove from mahogany.

Rub the stained part with a cork dipped in a little oxalic acid or aqua fortis and then thoroughly wash with water. Dry and polish in the usual way.

If a white mark has been left on a mahogany table by carelessly setting down on it a vessel of hot water, rub the place hard with a rag dipped in lamp oil; and afterwards pour on a little Cologne water, or a little alcohol, and rub it dry with a clean rag.

The dish-marks left on a dining-table can of course be taken off in the same manner.

If brandy is spilt on mahogany, and leaves a whitish mark, that mark can be removed by rubbing it hard with a rag dipped in more brandy. Try it.

STAINS, BLOOD, to remove.

A little starch should be mixed and spread on the stains. Allow to remain for a few hours; then wash, and the stains will come out quite easily.

STAINS, COAL OIL, to remove.

Cover the stain with cornmeal or finely-powdered chalk; place a paper over this and rub over with a warm iron. It is only necessary to apply two or three times.

STAINS, COCOA, to remove.

These should immediately be sponged with cold water. Hot water should not be employed.

STAINS, COFFEE, to remove.

A little glycerine should be gently rubbed on the stain. Rinse in tepid water and iron on the wrong side with a moderate iron until dry. Or—

Mix the yolk of an egg with a little warm water and use it as soap on the stain. For stains that have been on the material for some time add a few drops of alcohol to the egg and water.

STAINS, DYE, to remove on silk and cotton.

Damp the stained article, thoroughly soap the soiled parts in a basin or plate. Repeat several times, rinsing well each time.

STAINS, GREASE, to remove from silk.

Take a lump of magnesia and rub it wet on the grease spot. When dry wash off and the mark will have disappeared.

STAINS, INK, to remove from linen.

Melt a piece of tallow and dip the stained part in it. Then wash the linen and all marks will have disappeared without injury to the material.

STAINS, INK, to remove from mahogany.

Touch the stains with a feather dipped in a mixture of a few drops of spirits of nitre in a teaspoonful of water. When the ink has disappeared rub the place over with a rag moistened in cold water.

STAINS, INK, to remove from paper.

Make a mixture of 2 dr. solution of muriate of tin and 4 dr. water. Apply to the stains with a camel's-hair brush and pass the paper through water after the ink has disappeared. Then dry.

STAINS, INK, to remove from silver.

A little chloride of lime mixed with water will remove ink stains from silver articles.

STAINS, IODINE, to remove from white material.

Rub the stains with a freshly-cut lemon. *See also* IODINE STAINS.

STAINS, IRONMOULD, to remove.

Cover the stain with salt, and then squeeze a few drops of lemon juice on top. Leave for half an hour, rinse in a weak solution of ammonia, and wash in clean water.

STAINS, MARKING INK, to remove on linen.

Dip the linen in a solution of chloride of lime. When the stain has turned white quickly place the linen in a solution of ammonia and let it remain for a few minutes. Then rinse in clean water.

STAINS, MEDICINE, to remove.

Medicine stains on clothes may usually be removed with Fuller's earth or ammonia. To cleanse silver or electro-plated spoons from these stains, wipe with a rag moistened with a drop of sulphuric acid. Then wash in warm soapy water and rinse thoroughly in clean water.

STAINS, PERSPIRATION, to remove.

Place the garment in warm water containing a little ammonia. Do not use soap. Allow to soak for half an hour. Wring out; then, if the stain has not entirely disappeared, squeeze a little lemon juice on it, and rinse in clean, warm water. Then wash in the usual way.

STAINS, SALT WATER.

These stains may be removed from black serge by soaking the garment in clean soft water slightly blued for 10 minutes. Hang on line to dry with hem down. If creased, press well on the inside.

STAINS, SEALING WAX, to remove.

Dissolve the spots with naphtha or alcohol applied with a camel's-hair brush.

STAINS, TAR, to remove from a carpet.

Make a paste of powdered Fuller's earth and turpentine. Rub well into the stains and allow to dry. Then brush vigorously.

STAINS, TEA, to remove from table linen.

Put 2 tablespoonfuls of chloride of lime into a basin, adding a tiny morsel of soda, pouring on gradually 1 pint of boiling water. Mix until quite smooth, and allow to remain all night. Remove any scum and drain off the clear solution. Strain through muslin; bottle and cork for use. Rub the stain with a soft rag saturated in the solution, or allow the stained part to soak for an hour in 1 tablespoonful of the solution added to 1 pint of cold water. Then rinse thoroughly in cold water.

STAINS, WAX, to remove on cloth.

Place two thicknesses of blotting paper over the stains and press with a moderately hot iron. As the wax melts it will be absorbed by the two layers of paper and the stains will be entirely removed.

STAINS, WINE, to remove on linen.

Place the stain in some boiling milk. This will remove sufficiently to cause it to disappear when washed with soap and water. Apply some salt and a few drops of lemon juice if this should not prove effective.

STAIR RODS, to clean.

Wash all stair rods except wooden ones in soap and water, polishing with brass polish or an oily cloth dipped in rottenstone.

STAR OF BETHLEHEM (ORNITHOGALUM), to propagate.

Plant about $3\frac{1}{2}$ inches deep, and at distances of 3 inches, from September to October. Give protection against frost. Propagation is by offsets.

STEAK, to grill.

1 lb. rump steak
butter
1 teaspoonful chopped parsley
lemon juice
salt and pepper

(Enough for three or four people.)

Grease the bars of the griller, brush the steak over with butter, put on the steak and grill over a clear fire from 6 to 8 minutes, according to the thickness, turning every 2 or 3 minutes. Serve on a hot dish with a piece of maître d'hôtel butter on the top. This is made by mixing the chopped parsley and lemon juice into the butter on a plate, forming it into a nice shape.

STEAK, to stew.

1 lb. beefsteak
1 onion
1 carrot
1 turnip
bouquet garni
1 oz. butter
1 oz. flour
$\frac{3}{4}$ pint stock or water
salt and pepper

(Enough for four or five people.)

Wipe and trim the steak, chop the onion, melt the butter in a

saucepan, brown the steak, remove it and brown the onion; add the stock, herbs and vegetable trimmings; simmer very gently till tender, from 2 to 2½ hours. Place the steak on a hot dish. Strain and thicken the gravy with the flour, stir till it boils, season it well and pour it over the meat. Garnish with vegetables, cut in fancy shapes and cooked separately.

STEAK, to stuff and stew.

1½ lb. steak	veal stuffing
2 oz. butter or bacon	1 pint stock or water
2 oz. flour	salt and pepper

(Enough for six or seven people.)

Beat the steak well with a rolling pin, spread with veal stuffing, roll up and tie with tape. Melt the butter or fat in a stewpan; when hot put in the steak and brown nicely all over, cover with the stock or water and let it simmer gently till quite tender. Take out the steak, remove the tape, lay it on a hot dish, thicken the gravy and season it; strain over the steak and serve.

STEAKS, VIENNA, to prepare.

1 lb. lean beef (raw)	1 oz. flour
1 onion or shallot	little stock
1 egg	salt and pepper

(Enough for three or four people.)

Pass the meat through a mincing machine, add the finely-chopped shallot or onion, season well and bind with well-beaten egg. Divide into small round steaks, using a little flour or bread-crumbs, fry in butter or dripping in a frying-pan, turning occasionally. When cooked place on a hot dish, put the flour in the frying-pan, and allow it to brown; add the stock, boil up, season and pour round the steaks. This dish can be garnished with fried onions if liked.

STEAMING, notes on.

Steaming is a method of cooking by moist heat, or heated vapour rising from boiling water. It is a slower process than boiling, and is especially useful in invalid cookery, because the cooking, although slow, is thorough, and the loss of nutritive properties of the food, as well as the flavour, is less than by either boiling or roasting.

Steaming can be done in various ways. A proper steamer (with holes to admit the steam) can be fitted to a saucepan. A saucepan can be converted into a steamer by placing in it only sufficient water to come about half-way up the vessel containing the food which is to be steamed. In both cases the pan must be closely covered to keep the steam in. This method requires care as the water evaporates. In such case more must be added. It is an economical way of cooking because two things can be cooked at the same time in the same saucepan; for instance, a pudding can be boiled in the lower part and potatoes steamed on the top.

Meat, fish, vegetables and puddings can all be cooked by steam.

STEAM TENT, to erect.

A sheet stretched over the bed and supported by cords or a clothes-horse and the spout of a long kettle put inside, will make a steam tent. It is used for diphtheria, croup, and bronchitis. A teaspoonful of Friar's balsam may be added to the water. By this means the air is rendered moist and warm, and the child breathes easier. The tent must not be allowed to get too hot; the thermometer inside should register seventy degrees.

STEEL, to preserve from rust. *See* RUST, to keep iron and steel articles free from.

STEEL, to remove rust from. *See* RUST, to remove.

STEP CLEANING.

If you use red ochre a little milk mixed with the powder prevents the colour coming off when stepped on.

STEWING, notes on.

Stewing is cooking in a small quantity of liquid in a closed vessel for a long time. It is an economical method because by it the toughest meat can be rendered tender, digestible and savoury, but success cannot be atttained without long slow cooking. Another advantage to the busy housewife is that a stew requires little attention.

There are two ways of stewing: (1) On the stove or fire. (2) In the oven.

In both cases the vessel in which the stew is cooked must be covered closely.

Contrary to boiling, where the meat is plunged into boiling water to close the pores and retain the juices, a stew is made with cold or tepid liquid in order to draw out some of the juices, which form, with the added gravy, the liquid which is served with the stew. Meat is often lightly fried, or seared, before it is stewed. This prevents all the juices going into the gravy, besides making the stew more savoury and a better colour. Meat can be stewed either in a thick or a thin liquid. If good meat is used it is better to put it into an already thickened gravy. The colour of the stew will be better, as the thickening medium or liaison is flour and that is browned. If tough or inferior meat is used, it is better to stew it in a thin liquid. It penetrates and softens the meat better than a thick gravy. A little vinegar added softens the fibres of tough meat. The liquid of a stew should never boil during the whole process—merely simmer very gently. The disadvantage of a stew is that it is rich and cannot be digested

by some people. Meat, fish, vegetables and fruit can be cooked by this method.

STEW, IRISH. *See* IRISH STEW.

STEW, SUMMER, to prepare.

2 lb. neck of lamb	spring onions
6 young potatoes	peas
6 young carrots	water or stock
6 young turnips	salt and pepper

(Enough for four or five people.)

Cut the lamb into neat chops, put in a stewpan with enough stock or water to cover, bring to the boil, and remove the scum. Carefully prepare the vegetables, which should be small and of equal size, put them in the stewpan whole and simmer gently; season and dish up the stew, the meat in the centre and the vegetables arranged nicely round.

STIFF NECK.

Causes.—Sitting in a draught, rheumatism, injury during birth, overstrain, hysteria, spinal disease, swollen glands. It occurs more often in females than in males.

Symptoms.—The onset is gradual, pain and discomfort in the neck. The spasms occur frequently during the day, but cease while the patient is asleep: a neuralgic pain occurs in the muscles. The muscles on the affected side pull the head over to that side.

Treatment.—In the early stages hot flannels to the neck. Afterwards massage and manipulation. If it is rheumatic suitable drugs should be given. If caused by swollen glands, these should be treated and, if necessary, removed. In bad cases an operation may be necessary to put the head straight again. If the condition is left alone without treatment, one side of the face does not develop and consequently gives the person a peculiar appearance.

STINGS AND BITES, INSECT, to prevent.

After the morning bath, the body should be sponged with a solution of about 1 dessertspoonful of Epsom salts in 3 pints of water. Just before going out of doors the face should either be bathed with a similar solution, only very much weaker—one teaspoonful to three pints of water. Or damp the face, hands and exposed parts with a solution of a small piece of alum and water.

Another useful protection for the face is a drop or two of oil of critronella. Use the oil when applying cream to the skin. A few drops added to the cream is a handy way of using it, especially if one is going to be out some time, as it saves carrying the oil.

STINGS AND BITES, INSECT, to treat.

Rub on the bitten parts either camphorated oil or a solution

of 1 part carbolic acid in 10 parts oil. Other simple remedies that may be carried about are soda or carbonate of ammonia, finely crushed.

When there is a good deal of inflammation after a bite the part should be bathed with warm boracic acid lotion. Starch powder often effectively allays irritation.

Gnat and Mosquito bites should be immediately painted with a paste made of violet powder moistened with equal parts of chloroform and eau-de-Cologne.

In all cases if there is pain and great inflammation a doctor should be immediately consulted.

Wasp and Bee Stings.—The sting in these cases is generally embedded in the flesh. It may protrude above the surface of the skin, and if so should be removed immediately with a pair of tweezers. If it does not protrude, the best method of making it do so is to place over the spot a hollow key, or something of that nature, and press it to force the sting sufficiently out to be able to remove it with tweezers. Dab the wound with either iodine, sal volatile, vinegar, juice of an onion, or a little soda solution. By this means not only will the pain be reduced, but the swelling also.

STINGS, NETTLE, to treat.

Rub the affected part with dock, rosemary, sage or mint leaves.

STOCK, to prepare. (No. 1.)

2 lb. bones
2 lb. shin of beef
2 carrots
2 onions
1 turnip
1 stick celery
bunch of herbs
peppercorns
1 oz. fat
2 teaspoonfuls salt
6 pints water

Melt the fat in a large saucepan and brown the bones, cut the meat into small pieces and allow to soak for half an hour or longer. Put the meat, bones, water and salt into the pan, and bring slowly to boiling-point; skim well, add vegetables cut in large pieces and herbs and peppercorns tied in muslin. Simmer for 5 hours; strain.

STOCK, to prepare. (No. 2.)

3d. bones
any trimmings from fresh meat or poultry
1 carrot
2 onions
stick of celery
ham or bacon bones
1 bay leaf
bunch of herbs
12 peppercorns
2 cloves
1 oz. fat
2 teaspoonfuls salt
water

Chop and wash the bones, fry a nice brown in a little fat, add the trimmings of meat or poultry, ham bone or bacon bones, salt and water. Bring to the boiling-point, then add the vegetables, well cleaned, the herbs and peppercorns tied in muslin. Boil gently from 4 to 5 hours, skim well, strain, and remove the fat when cold.

STOCK, FISH, to prepare.

bones and trimmings from fish
water to cover
bouquet garni
small piece of carrot
1 small onion
salt

Put bones and trimmings into a saucepan, cover with cold water, bring to the boiling-point, add vegetables and bouquet garni and salt. Boil for 15 to 20 minutes, strain, and use for fish sauces and soups.

STOCK, WHITE, to prepare.

2 lb. veal bones
1 lb. lean veal
1 turnip
1 onion
stick of celery
salt
2 quarts water
bouquet garni

Put bones chopped and washed in a white-lined pan with meat cut in small pieces. Bring to the boil, add the vegetables, and skim well. Boil gently for 3 to 4 hours and strain. This stock is suitable for white soups, purées and sauces.

STOCKINGS, ARTIFICIAL SILK, to wash.

Soak the stockings for a few minutes in cold water and then in a tepid soapy lather, squeezing a few times and gently rubbing the feet between the hands. Remove the soap by rinsing in water which is rather warmer and then rinse in cold water. Squeeze as dry as possible, but do not ring or twist.

STOCKINGS, SILK, to prevent laddering.

Here is a sure way of preventing ladders in silk stockings. Three or four rows of machine stitching should be run around the top of the new stockings before they are worn. The stitching should be just below the place where the suspender is fastened and the rows must be fairly close together. Do not drag on your silk stockings as this not only pulls them out of shape, but also weakens the fabric. After washing stockings turn the leg back over the foot, and when putting them on, slip the foot in first and then work the stocking up the leg.

STOCKS, to cultivate.

A rich moist soil that contains lime, and a sunny position are best for stocks. Choose double seedlings for planting. Those that will give double flowers may usually be recognized by their long concave, pale-green leaves; the single ones have a deeper green foliage which is convex and firmer.

STOMACH-ACHE. *See* COLIC.

STOMACH, inflammation of.

Treatment.—The bowels should first be emptied by means of an enema. No food should be taken in solid form. The only food which should be given is gruel, milk and water, or tea made with

milk. For an ordinary drink, cold water, iced if possible, should be given. Fomentations should be applied to the stomach.

STRAWBERRIES, to preserve.

Select the largest and finest strawberries. To each pound allow a pound (powdered) sugar. Divide the sugar into two equal portions. Put the strawberries into a preserving pan, and one portion of sugar. Boil slowly, till all the sugar is melted. Then put in, gradually, the remainder of the sugar; and after it is all in let it boil hard for five minutes, taking off the scum. Heat a number of small jars and pour in the fruit boiling hot. Lay at the top a round piece of white paper dipped in brandy, and close tightly.

Raspberries and large ripe gooseberries may be preserved as above. To each pound of gooseberries allow a pound and a half of sugar.

STRAWBERRY BEDS, the care of.

Runners, selected from the plump, healthy crowns in February or March may be planted about 18 inches apart and well mulched in manure. In April clear old beds and give a good dressing of decayed leaves and soot. In August the first runners may be selected to make new beds, when the weather is favourable.

STRAWBERRY CREAM.

1 lb. strawberries
½ pint cream
½ oz. leaf gelatine
2 or 3 oz. sugar
pistachio nuts
carmine colouring
lemon juice
lemon or wine jelly

(Enough for five or six people.)

Rinse a fancy mould with water, cover the bottom with jelly and set on ice. Arrange some whole, small strawberries with some chopped pistachio nuts and set with some more jelly. Pick over the rest of the strawberries and rub them through a fine sieve. To this purée, which will be about ½ pint, add the lemon juice and gelatine dissolved in water and strained. Whip the cream and add to the other ingredients: sweeten and colour the mixture and pour into the mould.

Note.—A little brandy can be added if liked and strawberry jam can be used instead of the fresh fruit, in which case a little less sugar will be required.

STRAWBERRY JAM. *See* JAM, STRAWBERRY.

STRAWBERRY MOUSSE.

2 lb. strawberries
1 gill water
¾ oz. leaf gelatine
2 oz. castor sugar
juice of ½ lemon
3 whites of eggs
carmine colouring

(Enough for five or six people.)

Rub the strawberries through a sieve and use half a pint of the resulting purée. Dissolve the gelatine in the water, strain it

into the purée and add the sugar and lemon juice and carmine colouring. Whip the whites of eggs very stiffly; stir lightly into the mixture when it is cool. Turn into a fancy mould, which should be decorated with some whole strawberries. Turn out when set.

Note.—Almost any ripe fruit can be used in this way, such as raspberries, apricots, etc.

STRAWBERRY WORM, to destroy.

Spray the plants with a solution of 1 pound white hellebore in 20 gallons water.

STRAW HATS, to clean.

To clean straw hats and panamas, dip an old toothbrush in peroxide of hydrogen. Then rinse the straw with cold water and dry it in the open. This will whiten the straw and prevent it from turning yellow. Or—

Wash with soap and water, rinse and dry in the air. Rub over with the white of an egg beaten to a froth.

STRIPED GARMENTS, to wash.

To prevent colour fading from a green garment put a little alum in the rinsing water. If blue, use a handful of salt; grey and brown shades require oxgall or haywater made by pouring boiling water on a handful of hay. If already faded, use 1 tablespoonful of vinegar to every quart of cold water. Saturate the garments, wring thoroughly, and dry quickly in the open air.

STUFFING, CHESTNUT. *See* FORCEMEAT, CHESTNUT.

STUFFING, FOR DUCKS, to prepare.

Take 1 apple, 1 onion, and 1 oz. sage leaves and chop very finely. Add 6 oz. bread-crumbs, 1 oz. butter, 1 egg and a little pepper and salt.

STUFFING, SAGE AND ONION, to prepare.

6 or 8 onions
½ lb. bread-crumbs
1 teaspoonful sage
1 oz. butter or dripping
little milk
salt and pepper

Peel the onions, put them in a saucepan with cold water and a little salt and boil them until half done; chop them and add to the other ingredients, moisten with a little milk, season well and use as directed.

STUFFING, VEAL. *See* FORCEMEAT, VEAL.

STYES, to treat.

Bathe the eye with warm water during the day or with salt and water each morning and evening. Use 1 small teaspoonful of salt to 1 pint lukewarm water. The eye should also be bathed

with a lotion of boracic powder and bread and milk poultices applied at night. The general health should be attended to; take plenty of open-air exercise and a quinine and iron tonic. If the patient be full-blooded and fat he should be kept for a few days on a farinaceous diet.

SUMMER PUDDING. *See* PUDDING, SUMMER.

SUNBURN, an old remedy for.

Soak 2 drs. quince seeds to 4 oz. cold water for 44 hours. Dissolve half a teaspoonful borax in 1 oz. water and stir in 1 oz. glycerine after straining. Add 1 teaspoonful eau-de-Cologne and make up to 8 oz. with water. Bathe the face with the lotion three times a day if there is any trace of sunburn.

SUNBURNT SKIN, to restore natural colour to.

To restore the natural colour to sunburnt skin, hydrogen peroxide is the quickest remedy. It is an excellent substance for bleaching the skin. It also stimulates the functional activity of the skin glands, thus helping materially in rejuvenating it.

For delicate skin the wash should be diluted with an equal volume of water. To obtain an even better result, it is best to add four or five drops of ammonia to every ounce of the solution. This should be done at the time of use and not before.

SUNFLOWER, to cultivate. *See* HELIANTHUS.

SUNSTROKE, to treat.

The patient should be removed to a cool place, the clothes loosened and cold water douched on the surface of the body. Stimulants may be necessary to restore the action of the heart.

SWEDES, to prevent destruction by "fly" in dry weather. *See* TURNIPS.

SWEETBREADS, to fry.

2 calf's sweetbreads
1 teaspoonful chopped parsley
little grated lemon peel
1 dessertspoonful chopped ham
salt and pepper
egg and bread-crumbs
little flour

(Enough for three or four people.)

Soak the sweetbreads in salted water, put on in cold water and bring to the boil; throw it away, put on again with fresh water and simmer gently for an hour; drain and press between two plates with a weight on top. When firm dip in seasoned flour, brush over with egg, coat with a mixture of parsley, ham and lemon peel, then again with egg and crumbs; fry a golden brown in hot fat, dish on hot dish with fancy paper, and garnish with fried parsley. The sweetbreads can be cut in slices if preferred.

SWEETBREADS, to stew.

calf's or sheep's sweetbreads	1 oz. butter
1 shallot	1 oz. flour
blade of mace	little cream
½ pint milk	salt and pepper

(Enough for three or four people.)

Soak the sweetbreads in salted water, put them in a stewpan with cold water, bring to the boil; throw it away, put the sweetbreads on again with the milk, onion and mace and simmer very gently till tender; drain them, press them between two plates and trim them when firm. Make a sauce with the butter, flour and milk the sweetbreads were cooked in, add a little cream, season well, reheat the sweetbreads and serve garnished with cut lemon and parsley.

SWEET-PEA, to cultivate.

The culture of the sweet-pea requires no special knowledge, no unusual soil; it seems ever ready to do its best anywhere and under any circumstances—even in a prolonged drought. An ordinary garden soil, well dug in the autumn and enriched with a fair amount of manure, a little forking and pulverizing of the ground in the spring, is all the preparation needed for sowing, and with some protection against slugs and snails and birds a bounteous crop may be relied upon; while to maintain a continuance of bloom it is only necessary to cut the flowers day by day and never permit a single seed-pod to be formed. As to the best arrangement in sowing, opinions vary; some advise clumps of three or four plants, others favour a row. But whatever the form adopted it is important to provide the young plants at an early stage with well-branched sticks of good height—say 6 to 8 feet. For obtaining early bloom the practice of sowing in late autumn is often adopted, but its success is largely dependent upon the severity of the winter, and a more certain plan is to sow indoors about the middle of February, gradually hardening the young seedlings and planting them out as early in April as the weather permits.

SWEET VERBENA, to cultivate. *See* ALOYSIA.

SWEET-WILLIAM, to cultivate.

Sow in the open in June or July for flowering in the following summer. The seed should be sown in a shady spot in drills of finely-sifted soil, and covered very lightly, and the seedlings should be transferred to their final positions as soon as they will bear removal. The most suitable soil is a sandy loam, and an open, sunshiny position is necessary.

SWISS ROLL, to make.

2 eggs (3 if small)	½ teaspoonful baking powder
2 oz. flour	pinch of salt
3 oz. sugar	jam

(Enough for five or six people.)

Whisk the eggs and sugar well in a warm place, sift the flour

in gradually and stir lightly, add baking powder, turn quickly in a prepared baking tin, and bake in a quick oven for about six minutes. Turn on to a sheet of paper sprinkled with castor sugar, cut down the edges, spread with warm jam, roll up, sprinkle with sugar, serve with jam sauce if hot and on a glass dish with lace paper if cold.

Note.—Apricot and raspberry are the most suitable jams to use.

SYRUP, BLACKCURRANT, to make.

Dissolve ¾ lb. white sugar in 1 pint water and boil to a syrup with the addition of ½ pint strained blackcurrant juice.

Note.—The same recipe may be used for making Raspberry Syrup by substituting raspberry juice for blackcurrant juice.

SYRUP, FOR SWEETMEATS, to clarify.

For each pound of sugar allow ½ pint water. For every 3 lb. of sugar allow the white of one egg. Mix when cold, boil a few minutes, and skim it. Let it stand ten minutes. Then skim and strain.

TABLE MANNERS.

DO NOT:

Break lumps of bread into a plate to soak up surplus gravy or sauce.

Bite or cut the bread or roll served with other courses. Convenient-sized pieces should be broken off as required on the plate, with the left hand.

Lay your knife down while eating with the fork, or rest the knife blade and fork prongs on respective sides of the plate with their handles on the table, or lay the knife and fork down crossed on the plate, or hold one in either hand, pointing upwards.

Remove and hold spoon, fork, or knife from a plate when sending it for a second helping.

Drink when you have any food in your mouth, or with greasy lips that will leave a mark round the rim of the glass, or omit to wipe your lips after drinking.

Tilt your plate ostentatiously to spoon up the last drop of soup, fruit juice, or custard.

Make any undue clatter on the plate with silver or cutlery, or scrape a plate round with the knife.

Critically examine any dish offered, ask questions or touch it, then refuse it.

Push your plate away upon finishing a course.

Continue stolidly eating your own meal if there are no servants waiting upon those present, but look round to see if you should pass anything to other people.

Collect condiments, butter, cakes, biscuits, etc., round your own plate, but after helping yourself put them where they may be reached by others.

DO NOT:

Ask for a second helping of anything at a course lunch or dinner, though at simple family meals of only two or three courses an offer of a second helping of any dish may be accepted.

Take spoons or other serving implements on to your own plate when trained servants or waiters are removing vegetable or other dishes or plates from the table, make any attempt to stack up plates, clear away crumbs or tidy any table appointments. It is incorrect, though perhaps meant kindly.

Leave a teaspoon in a cup or pour any spilt liquid in the saucer back into the cup.

Eat with the fingers sticky fancy cakes and pastries, such as those containing jam, cream or custard, when a fork is provided. A whole slice of cake should not be bitten into, but first cut through, so that it may be handled more daintily.

Let nervousness make you appear awkward if unused to lunching or dining out. Other people will not be so likely to notice any little mistakes you make if you are quietly self-possessed.

Make voluble apologies or explanations if you use the wrong fork or spill your wine, but pass the mishap off as quietly as possible.

Take such a large portion of anything that other guests must go short, or an absurdly small one, but just help yourself moderately.

TAPESTRY, to clean.

Apply petrol with a small brush or piece of flannel and allow to dry in the open air. Or rub in powdered magnesia thoroughly and evenly with a cloth and remove it a few hours later with a stiff brush.

TAPEWORM, to remove.

2 teaspoonfuls of powdered kamala should be taken on an empty stomach. If the bowels are not moved within about 2½ hours a further teaspoonful should be taken. Two hours later this should be followed by between ½ oz. and 1 oz. castor oil. This is a certain cure for tapeworm and does not cause a sickness. (Note that kamala is like red brick dust in appearance.)

TAPIOCA PUDDING. *See* PUDDING, SAGO.

TAR, to remove.

First scrape off as much as possible, then thoroughly damp the place with salad oil or melted lard and allow this to remain for 24 hours. If the article be of cotton or linen it should be washed in strong warm soap suds. If it is of wool or silk, remove the grease with ether or spirits of wine.

TAR, INFUSION OF, to make.

Stir together for 15 minutes 1 pint wood tar and 2 quarts water. Allow tar to settle; then strain and bottle. A pint of the infusion may be taken daily for chronic catarrh or kidney troubles, or it may be used as a lotion for skin diseases.

TARRAGON, to cultivate.

Take cuttings of the stalks in May and June or bottom off-sets in spring and plant in a shady border.

TART, FRUIT, to make.

any fruit (apples, cherries, gooseberries, etc.)
sugar
water
short crust

Prepare the fruit, half fill the pie-dish, add sugar and water and fill up with fruit. Roll out the pastry, place the pie-dish on it and cut out the top; brush the edges of the dish with water and line them with strips of pastry, moisten them and place on the top, press the edges together and cut round sharply; work the edges up with a knife and decorate them. Brush over the tart with water or whipped white of egg, sift with sugar and bake for about half an hour; serve hot or cold.

TART, FRUIT, to prevent juice from boiling.

Two or three lumps of sugar placed under the pie chimney will prevent the juice in fruit tarts from boiling.

TARTLETS, to make.

jam
short crust

Roll out the pastry, line some patty tins with it, put some jam in each, and bake in a quick oven for about 15 minutes.

Note.—A crust of bread can be put in instead of the jam, and removed when the pastry is cooked and warmed jam put in after.

Flaky, rough puff or puff pastry can be used for tartlets.

TARTLETS, CUSTARD, to make.

½ pint milk
2 eggs
½ oz. cornflour
sugar to taste
nutmeg
short crust

(Enough to make ten or twelve tartlets.)

Line some patty tins with the pastry; mix the cornflour smoothly with some of the milk, add it with the well-beaten eggs to the remainder of the milk; sweeten to taste. Put some of the

mixture into each tartlet, and bake in a moderate oven about 30 minutes.

Note.—Any flavouring, such as vanilla or almond, can be used. The nutmeg should be grated on the top.

TARTS, MACAROON, to make.

¼ lb. ground almonds
¼ lb castor sugar
some raspberry jam
whites of 3 eggs
½ lb. puff or flaky pastry

(Enough to make fourteen to sixteen tarts.)

Line some patty tins with the pastry, cut some strips to go across the top, put a little jam in each. Whip the whites to a stiff froth, stir in the sugar and ground almonds lightly. Put a spoonful of this mixture in each tart and cross with two strips of pastry; bake in a quick oven from 15 to 20 minutes.

TEETH, a cement for stopping decayed.

Dissolve one part of mastic in two parts of collodion. Insert into the tooth on a small piece of cotton.

TEETH, a simple powder for.

Take 8 oz. fine levigated chalk and mix into an even powder by pouring on a few drops of peppermint oil at a time and rubbing until 2 dr. of oil has been introduced. Use with a soft toothbrush.

TEETH, to preserve.

Rub the teeth and gums two or three times a day with a hard brush dipped in flour of sulphur. This is an excellent preservative and has no unpleasant smell.

TEETH, to whiten.

Pour hot water on a few dry sage leaves and use as a lotion when cold. Rub the gums and teeth with sage.

TEETHING FEVER, treatment of.

If the tooth is half through and the gum over it is swollen and tender, much pain and discomfort will be spared if the doctor lances the gum, and allows the tooth free exit. The child should be given a dose of castor oil.

TEETHING POWDERS.

Take 24 gr. calomel, 36 gr. sesqui-carbonate of soda and 1 dr. compound chalk powder. After mixing these ingredients, divide into 12 equal parts and give 1 portion as required.

TEETH, MILK, time of appearance of the.

Baby should complete his first set of teeth by the time he is 2½ years. They should appear more or less at regular intervals as shown in the following table :

Age.	Number of Teeth.	Kind.
6 to 9 months . .		Central incisors (lower)
8 to 12 months . .	4	Central incisors (upper)
12 to 15 months } .	2 4	{ Lateral incisors (lower) { Anterior molars
18 to 24 months . .	4	Canines (Eye Teeth)
24 to 30 months . .	4	Posterior molars

TEMPERATURE, to read on different thermometers.

	Fahrenheit.	Centigrade.	Réamur
Freezing Point . .	32°	0°	0°
Boiling Point . .	212°	100°	80°
Normal Temperature of the Human Body	98·4°	36·9°	29·50

TEMPERATURE, to take.

The normal temperature of the body is 98·4 degrees; it is best taken in the mouth—the thermometer being held under the tongue and the lips closed. It may also be taken under the arm or in the groin. If taken in these parts it always registers a little lower than if taken in the mouth.

THREAD WORMS, to treat.

These infest the lower part of the bowels and give rise to heat and irritation round the anus. The parts should be kept very clean and washed in warm water and soap. The diet should be regulated and sweets avoided. A dose of castor oil or magnesia should be given, and after it has acted, a solution of salt and water should be injected into the bowels with a syringe. One teaspoonful of salt to 12 tablespoonfuls of tepid water. This should be done three times a week and continued for three weeks. A little golden ointment smeared around the anus will kill the worms that crawl outside. The chamber and the pans of the offices should be washed in strong soda and afterwards scalded with boiling water to kill the eggs and worms and so prevent the child becoming re-infected when these articles are used.

THROAT, RELAXED, to treat.

Rest the voice and exercise moderation in smoking and drinking. The throat should be gargled with lukewarm Condy's fluid night and morning, and chlorate of potash lozenges sucked during the daytime.

THYME, to propagate. *See* HERBS.

TINCTURE OF IODINE. *See* IODINE.

TIPPING.

Whether the " tipping " system is an admirable or an abominable one is a matter of opinion which we will not discuss here. Sufficient is it that it is a recognized custom in this country and cannot be disregarded; indeed there are many workers who depend partly or wholly for their means of livelihood on gratuities received from those who do business with their employers.

Don't tip ostentatiously or patronizingly, and don't insist on bestowing a tip when it is refused.

Have sufficient courage of your own opinion to withhold expected tips from those whose neglect, carelessness, or incivility have morally forfeited them, then give more freely to others who are more deserving. You will benefit the community at large by this fair dealing.

Restaurant Tipping.—This also differs a good deal according to the class of restaurant visited and the nature and cost of the repast and wines enjoyed.

At good-class, moderately expensive restaurants a tenth of the amount of a lunch or dinner bill is supposed to be a fair tip, or some waiters reckon that the giver of a dinner to several friends should base the amount of the tip on the number of " covers " laid. A luncher or diner whose bill was between seven-and-sixpence and and ten shillings would probably give a shilling tip.

If a lady takes a lunch, the cost of which amounts to about five shillings, a fair tip would be from sixpence to a shilling.

A gentleman entertaining a friend or friends at a restaurant, especially if there be ladies in the party, should avoid any unpleasantness or embarrassment by meanness in tipping, but neither should any form of incivility caused by unreasonable expectations be tolerated.

The usual cloak-room gratuity when a lady leaves her wrap on the occasion of a lunch, dance, or dinner is sixpence, but when use is also made of the toilet table and its accessories, such as powder and cream, hairpins, etc., or if the attendant be asked to render any little services, a more generous tip should be given.

The porter or other restaurant servant asked to call a taxi should receive a small tip.

TOAD-IN-THE-HOLE, to prepare.

½ lb. sausages
¼ lb. flour
½ pint milk
1 egg
¼ teaspoonful baking powder
salt and pepper

(Enough for three people.)

Skin the sausages, place in a greased pie-dish. Mix the flour smoothly with the egg and milk, beat well, add the baking powder, season, and pour over the sausages. Bake in a quick oven for about an hour.

TOAST, BOMBAY, to prepare.

1 oz. butter
2 eggs
1 teaspoonful anchovy essence
few chopped capers
salt and cayenne
buttered toast

(Enough for two or three people.)

Put the butter in a double saucepan. When melted stir in the eggs and other ingredients, stir till the mixture begins to set; spread on rounds of buttered toast and serve very hot.

TOAST, SARDINES ON, to serve.

6 or 8 sardines
salt and cayenne
buttered toast

(Enough for six or eight people.)

Cut the buttered toast in long pieces, same length as the sardines; remove the centre bone and skin from the sardines, place one on each piece of toast, season with little salt and cayenne and serve very hot.

TOAST WATER, to make.

1 large slice of bread
1 pint boiling water

Toast the slice of bread very slowly until brown and dry, but without burning it. Let it get cold, put it in a jug, pour the boiling water over, cover and let it stand till cold; strain before serving. A nourishing drink.

TOBACCO, HERB, to make.

Mix and press together 2 oz. each of hyssop, marjoram, and thyme, 3 oz. coltsfoot, 4 oz. each of betony and eyebright, 8 oz. each of rosemary and lavender. Cut up finely.

TOBACCO PLANT (NICOTIANA), to cultivate.

A stately half-hardy annual, useful as a foliage plant in the green-house or for planting out in warm borders. Seed should be sown early in the year in a warm frame, and the seedlings pricked off into pots and placed in a temperature of about 60°, when about the end of May they ought to be well grown and ready for putting out.

TOBACCO WASH, FOR PLANTS, to prepare.

Boil in ½ pint water 1 oz. shag tobacco. Apply to the leaves and stems of infected plants (with a brush), then syringe with water. This acts as a deadly poison to insects.

TOE NAIL, INGROWING, to treat.

Properly fitting square-toed boots should be worn, and the part frequently washed and kept clean. The nail should be cut level at the top and the angles left and not trimmed away or rounded off, and a piece of cotton-wool packed between the nail and fold of overhanging skin. The wool should be frequently changed.

TOFFEE, the making of.

Toffee should never be stirred. It must be gradually heated and not be permitted to boil till all the sugar melts.

TOFFEE, to make.

½ lb. brown sugar
4 oz. fresh butter
½ teaspoonful flour
1 dessertspoonful treacle

Melt the butter, add the sugar, flour and treacle, boil well for about 20 minutes, stirring all the time till it sets when dropped into cold water. Spread in a buttered flat tin. When beginning to set mark into divisions, and when partly set cut into slabs and put in a tin to keep.

TOFFEE, to make. (Another recipe.)

¼ lb. butter
1 lb. brown sugar
½ lb. golden syrup
flavouring or lemon juice

Melt the butter, add the syrup and sugar and boil quickly for 20 minutes. It is ready when a little will harden in cold water. Then remove from the fire, add the flavouring and pour into a greased dish.

TOFFEE, EVERTON, to make.

Melt ½ lb. butter in a saucepan and then add 1 lb. moist sugar and 1 lb. treacle, and boil together for 10 minutes. Pour into a well-greased flat dish.

TOFFEE, TREACLE, to make.

First rub the saucepan with butter and pour in the required amount of treacle. Boil gently until it will break between the teeth when tested after being thrown into cold water. Then immediately take the pan off the fire and pour the toffee on a buttered dish. When cool roll it into sticks. Essence of peppermint, lemon, or almond may be used for flavouring if desired, whilst a little cayenne pepper added to treacle toffee gives a splendid cough cure.

TOILET VINEGAR, to make.

Mix ½ pint of pale rum with 1 dram essence of bergamot, 1 oz. essence of rosemary and 1 dram marjoram. Add ½ pint white vinegar and 1 pint rose water.

TOMATO CHUTNEY. *See* CHUTNEY, TOMATO.

TOMATO, PURÉE, to prepare.

1½ pints white stock
1 lb. tomatoes
1½ oz. butter
1 oz. flour
1 teaspoonful sugar
1 gill cream
1 small onion
small piece of carrot
salt and pepper

(Enough for three or four people.)

Put the sliced tomatoes, chopped onion, sugar and carrot in a saucepan with the stock and simmer till tender, pass through a hair sieve; make a roux with the flour and butter, add the purée, stirring well till it boils, season. Put the cream in the tureen, pour the soup over and stir gently; serve with croûtons of fried bread; if necessary a little tomato ketchup added improves the colour.

TOMATO SOUP. *See* SOUP, TOMATO.

TOMATOES, to grow.

Tomato seed may be thinly sown at the end of January in well-drained pots. Cover lightly and keep at an even temperature of not less than 60°. When large enough transfer the young plants to small pots and keep near the glass until well established. Almost any available glass will serve to grow tomatoes under, and if treated after the manner of cucumbers, but at a lower temperature, splendid crops may be secured. For outdoor growing the seed should not be sown until March or April. The plants for the open border should be hardened off and planted out late in May or early in June. Tomato plants will need the support of sticks when they are in their final position, which should, if possible, be a sunny spot under a south wall. If grown in beds, plenty of room must be given. The best soil for tomatoes is a fibrous loam mixed with a little sharp sand, leaf-mould and well-decayed manure. Add more soil as the roots grow and do not use manure which has not fully fermented. Give a pinch or two of nitrate of potash or kainite occasionally. Nip off all side shoots, allowing only the flower trusses to grow from the main stem.

TOMATOES, to keep.

Green tomatoes should be picked off before the plants die and stored in a cool, dry, airy place where they will be protected from the frost.

TOMATOES, to stuff.

4 or 6 tomatoes
2 tablespoonfuls bread-crumbs
1 tablespoonful cheese
little butter
chopped parsley
salt and pepper

Choose tomatoes of equal size, make a small hole in the top,

scoop out the pulp, mix the stuffing, moisten with the pulp and season. Refill the tomatoes, sprinkle on a few crumbs and place a small piece of butter on each. Put on a greased baking tin, and bake in a moderate oven for about 20 minutes. Serve on croûtons of toast or fried bread and garnish with parsley.

TOMATOES À LA BRESLAU, to prepare.

3 tomatoes
1 oz. butter
1 teaspoonful chopped parsley
little lemon juice
6 croûtons of fried bread

Cut the tomatoes in halves, and bake in a moderate oven on a greased tin. Mix the butter with parsley and lemon juice into six small pats. Place each piece of tomato on a hot croûton of fried bread and place a pat of butter on the tomato. Serve on a fancy paper, and garnish with parsley.

TOMATOES, SAUTÉ, to prepare.

1 lb. tomatoes
2 oz. butter
chopped parsley
salt and pepper

Cut the tomatoes in slices and fry in butter, put in a hot dish, season and sprinkle with chopped parsley. Tomatoes cooked in this way are suitable to serve with bacon as a breakfast dish.

TOMATOES, WITH CHEESE CREAM, to serve.

3 or 4 tomatoes
1 gill cream
1½ oz. grated cheese (Parmesan and Gruyère)
2 tablespoonfuls aspic
salt and pepper
cress
cheese biscuits

Cut the tomatoes in half, remove seeds and drain them; whip the cream stiffly, season with salt and pepper, whisk in the aspic jelly liquid but cool, add the grated cheese; put the mixture into a forcing bag with a small rose pipe. Place each piece of tomato on a cheese biscuit (made of cheese pastry), fill with cheese cream and pipe a pretty border; garnish with small cress and stick a tiny sprig into the middle of the cream.

TONGUE, to examine for symptoms.

Brown or black tongue indicates blood-poisoning; dry tongue indicates feverishness; strawberry-coloured tongue indicates scarlet fever; white-coated tongue indicates disordered stomach; yellow-coated tongue indicates disordered liver.

It is a good sign when tongue cleans gradually from the edge.

TONIC, to prepare a good.

Mix 1 tablespoonful citrate of iron and quinine in 1½ pints water. Take a wineglassful three times a day.

TONSILS, ENLARGED.

Causes.—Repeated attacks of sore throat. It occurs very frequently in consumptive children.

Symptoms.—There is a heavy, silly look about the face. The mouth is kept half open and there is obstruction to the entrance of air into the lungs. The child snorts on exertion and snores at night, waking up in the morning with a very dry mouth. Deafness may be present. The voice is twanging and sounds like a person holding his nose while speaking. The chest is flat and badly developed. The enlarged tonsils may be seen by looking down into the throat; in some cases they nearly meet across the middle line.

Treatment.—Once the tonsils are enlarged in a child, there is little hope that they will go down with either painting, gargling, or syringing. An operation is advisable.

After the tonsils have been removed, the child improves all round, loses the silly look, does not snore at night and gets rid of the attacks of sore throat. The speaking becomes clear and the general health better in every way.

TOOTHACHE, an effective remedy for.

Mix ½ oz. powdered alum with 3½ oz. sweet spirits of nitre and insert drops on cotton-wool.

TOOTHACHE, to prevent.

The gums and teeth should be well rubbed every morning, night, and after dinner with a brush which has been dipped in flour of sulphur. This is an excellent preservation for the teeth.

TOOTHACHE, to relieve.

If there is a hole in the tooth it should be wiped out with a clean piece of cotton-wool and oil of cloves or a clove put inside. Painting round the gums with hot brandy and applying hot flannels to the face may ease the pain. Or—

Dissolve a piece of camphor in oil of turpentine. Insert this in the hollow of the tooth and place one or two drops on a piece of cotton-wool.

TRAVELLING, etiquette for.

Talking with strangers must not of course be rushed into indiscriminately, and if any exchange of little courteous, ordinary remarks does lead to further conversation, it should still remain impersonal, quite free from gushing or intimate confidences, any attempt at that kind of thing being discouraged with cool, firm politeness.

A lady may certainly accept from a stranger any little polite attentions such as a gentleman naturally offers to the other sex—the loan of a rug or cushion on a long journey, opening or closing a window, help with the disposal of luggage on the rack and when changing trains, or at the journey's end he may help her in lifting out heavy packages or securing the services of a porter.

It should scarcely be necessary, though, to add that a lady should not allow a fellow-traveller, whose acquaintance she has only made on the journey, to pay any expenses, such as the cost of a meal or drink, or even to tip her porter, and he should not presume

at all upon the fact that she has allowed him to make the journey easier and more pleasant for her.

The Window Question.—A much debated travel question is which of several passengers in a train carriage has the right to decree whether a window shall be open or closed. It is generally conceded that the window-seat passenger facing the engine has that right, but instead of exercising it in an arbitrary manner, greater courtesy is shown by glancing round at the other occupants first and asking if the intended change will be agreeable to them. Sometimes a change of seats may be arranged to mutual advantage.

It is excessively rude for anyone to reach across window-seat passengers to raise or lower the window without at least a polite question or apology.

Any refreshments taken in the train should be of a nature, and consumed in a way, that cannot cause offence to others. Little children, too, should be properly looked after, for it is the fault of those in charge of them if they annoy other people—a restless child with a juicy orange, some sticky toffee or moist chocolate can be a sore trial, no matter how fond of little ones the other passengers may be.

TRIFLE, to prepare.

6 or 8 sponge cakes
2 eggs and 2 yolks
1 oz. castor sugar
apricot jam
¼ pint milk
¼ pint cream
½ lb. ratafias
1 gill sherry
2 tablespoonfuls brandy
1 oz. almonds
2 oz. preserved fruits
essence of vanilla

(Enough for eight or ten people.)

Cut the sponge cakes in slices and spread with jam, put them together again and arrange in a glass dish with the ratafias; soak well with the sherry and brandy. Make a custard with two whole eggs and two yolks extra; stir till it thickens, sweeten and flavour with vanilla and let it become quite cold. Just before serving pour the custard over the cakes, whip the cream, add sugar and flavouring. Force it over the mould and decorate with the preserved fruits and blanched and shredded almonds.

TRIFLE, BANANA, to prepare.

4 to 6 bananas
½ gill sherry
apricot jam
½ pint cream

(Enough for seven or eight people.)

Take off the skins of the bananas, cut them lengthways, spread with jam and lay them in a glass dish, pour over the sherry and allow them to soak. Just before serving pour over the cream, which should be half whipped; garnish with some banana on the top.

TRIPE AND ONIONS, to cook.

1 lb. tripe
2 onions
1 oz. flour
½ pint milk
salt and pepper

(Enough for four people.)

Wash the tripe, place it in a stewpan, cover with cold water

and bring to the boil. Put it on a board, scrape it if necessary, cut into neat pieces, return it to the pan with about three-quarters of a pint of water and the onions finely chopped; simmer till the tripe is tender. Mix the flour smoothly with the milk, add it, stir till it boils, season well and serve.

TROPÆOLUM (NASTURTIUM), to cultivate.

Perhaps the most important and certainly the most generally-cultivated strain is the Tom Thumb or dwarf nasturtium, a hardy annual which will thrive in any soil—in a poor soil it makes less leaf and blooms more freely—which flowers longer and more continuously, and produces a greater variety of rich colouring, superb when seen in masses, than almost any other annual, while all the attention the plants need throughout the summer is the removal of the faded flowers so as to prevent the formation of seed-pods. Among the climbers *T. speciosum,* the Flame Nasturtium, with its graceful growth and brilliant vermilion flowers, stands pre-eminent; but though grown freely in the north it is seldom seen in our southern counties. Though quite a hardy perennial, it cannot endure hot sun and dry air, but if planted in a northern aspect, or, better still, in a western aspect, and shaded by trees or bushes, it will thrive and bloom freely—a suitable position, rather than any particular soil, is its chief requirement. The choice of a suitable position is important, too, for the display of its full beauty; none can be better than to allow it to trail down the sides of a rough bank or up the uneven face of a stone wall. *T. Lobbianum* is another fine climber—an annual—with hairy foliage and flowers in various shades of scarlet, orange and yellow; while *T. majus* is a similar variety but lacking the hairiness in foliage. *T. perigrinum* or *canariense* is the well-known Canary Creeper, a distinct variety and a half-hardy annual, needing a rich soil and sowing under glass. *T. tuberosum* is another distinct variety, tuberous-rooted and usually confined to the green-house, as in the open it flowers so late that it is often spoiled by the frost. It is a graceful trailing plant, producing showy flowers of scarlet and yellow, and in the house the tubers may be started at any time from September to March. In the open the tubers should be planted in spring and lifted in autumn for storage in a dry place. It will flourish in the poorest of soils.

TROUT, to fry.

trout	egg and bread-crumbs
lemon	parsley

Wash and cleanse the trout and dry them in a clean cloth; dip them in seasoned flour, then coat them with egg and bread-crumbs, fry a golden brown in hot fat, drain thoroughly and dish them on a hot dish on a serviette; garnish with cut lemon and fried parsley. Send cut lemon to table with them.

TULIPS, to cultivate.

Tulips thrive in any good soil, though succeeding best in that which is sandy and well drained. Plant bulbs in October or November, about 6 inches apart and 4 or 5 inches deep. Either lift as soon as the stems begin to fade and store for the summer, or leave them in the ground (unless the soil is cold and wet) for two or three years, after which they should be lifted.

TUMBLERS, to prevent from cracking.

If new glass tumblers are placed in cold water and gradually brought to the boil it will prevent them from cracking when used.

TUMOURS.

A tumour is a mass of new formation which tends to grow and is not essential and does not perform any benefit to the human economy.

Tumours undoubtedly run in families. They often arise, especially in the breast, from blows or squeezes. Badly-fitting corsets account for a number of cases. If a growth arises in the breast it should never be neglected. Cancer of the breast is fairly common. Women with a cancerous tumour often leave it too late, and seek advice when no hope remains for a successful operation. Even a non-cancerous tumour is best removed. The operation is quite a trifling one, and when the tumour has been removed it can be examined, and if it shows any cancerous tendencies a more extensive operation can be carried out straight away and the disease stamped out.

TURBOT, to boil.

4 lb. turbot
vinegar or lemon juice
1 lemon
parsley
lobster coral

(Enough for eight people.)

Well wash the fish but do not remove the fins, these are considered a great delicacy; place in a fish-kettle of hot water with salt and vinegar added, bring to the boil and simmer very gently until cooked, allowing 6 to 8 minutes to the pound and 6 to 8 minutes over, according to size and thickness. Drain the fish, dish on a folded serviette on a hot dish and garnish with lobster coral and lemon and parsley; serve with lobster or shrimp sauce.

TURKEY, to boil.

1 turkey
stock
boiled ham or tongue
celery or oyster sauce

Draw, singe and truss as a fowl for boiling, wrap in greased paper with slices of lemon on the breast. Put it into enough hot stock to cover, simmer very gently, allowing 15 minutes to the pound and 15 minutes over. Put on a hot dish, remove paper, skewers and string, coat with celery or oyster sauce, serve with boiled tongue or ham and the rest of the sauce in a tureen; if liked

the turkey can be stuffed with oyster stuffing and served with egg sauce.

TURKEY, to choose.

A greenish colour about the vent indicates staleness, as does a high smell. The legs of a young bird are smooth and black, those of an old one are rough and red. Newly-killed birds have full, bright eyes and supple, moist feet.

TURKEY, to roast.

1 turkey	sausages
forcemeat	bread sauce
gravy	bacon or ham

Draw, singe and wipe the inside with a clean wet cloth, cut off the feet and draw the sinews from the thighs, put the liver and gizzard in the wings, stuff the breast where the crop was with forcemeat, either veal stuffing with sausage meat added or chestnut stuffing, truss for roasting, place in a baking-tin with some dripping and put in hot oven. After the first 15 minutes cook very gently, basting frequently. When nearly cooked dredge with flour, put it back in the oven and baste well till brown and frothy. Remove the skewers and string, put it on a hot dish; make the gravy as for a joint of roast meat, using the stock the giblets (neck, heart, liver, gizzard and feet) have been boiled in; strain some round the turkey and garnish with the sausages previously fried. Serve with bread sauce and boiled ham or bacon and the rest of the gravy in a tureen.

TURKISH DELIGHT, to make.

¾ teaspoonful tartaric acid	1 oz. leaf gelatine
2 breakfastcupfuls castor sugar	½ teacupful cold water
¾ cupful boiling water	1 teaspoonful essence of vanilla
juice of 1 lemon	a little carmine to colour

Soak the gelatine in cold water for 2 hours. Dissolve the sugar in the boiling water. Boil for 7 minutes with the tartaric acid, then add lemon and pour over gelatine. Stir well and add the vanilla. Pour into a shallow tin and, when set, cut into blocks and dip in icing sugar.

TURNIPS, to grow.

Sow in March for the first crop, in June for the main crop and in August for the winter. Thin and hoe out to a distance of about a foot when the leaves are about an inch broad. Turnips need a well-worked and liberally-manured soil.

TURNIPS, to mash.

turnips	cream
1 oz. butter	salt and pepper

Peel the turnip thickly, put into boiling water with salt, cook gently with lid on the pan, and skim. When tender drain them well

and mash them; add butter, cream, salt and pepper; serve in a hot vegetable dish. If very moist shake in a little flour and cook. This also improves colour.

TURNIPS or SWEDES, to prevent destruction by "fly" in dry weather.

Sow in a well-prepared bed and use superphosphate to force the plant quickly into the rough leaf, when it is not so liable to be attacked.

TURNIP TOPS, to cook.

Wash well, remove damaged leaves and any very hard stalks. Old leaves should not be used. Place in boiling water to which has been added the usual amount of salt and boil quickly for 20 to 25 minutes. Drain, squeeze out all water possible and then chop finely. Add salt, pepper, and a piece of butter about the size of a walnut, if from 1 to 2 lb. of turnip tops have been used. If more than this quantity of the vegetable is cooked, then the amount of butter to be added must be increased accordingly. Return all to the pan and stir continuously until it is heated through again. Serve on hot dish.

TYRES, to keep tight on wheels.

First fill the felloes with linseed oil. To do this heat the oil in a trough to boiling heat, and keep the wheel, with a piece of wood through the hub, in the oil for an hour. Turn the wheel round until every felloe has been in the oil for an hour. Then put on the tyres.

ULCER.

Causes.—Injury, heat, cold, consumption, cancer and syphilis.

Treatment.—If due to any constitutional disease, suitable remedies must be taken internally. The treatment of a simple ulcer, such as after injury on the bursting of a boil, is as follows. The part should be kept at rest; the arm put in a sling, or the leg elevated and not allowed to hang down. If yellow shreds are on the floor or sides of the ulcer, hot antiseptic fomentations should be constantly applied till the part looks clean and a healthy red colour. The bowels should be attended to and a dose of Gregory powder, salts, or castor oil taken. As long as the ulcer is open it should be protected by suitable dressing and a bandage. If the ulcer looks an unhealthy bluish red, or small masses of proud flesh spring up, the floor and sides should be touched with caustic silver. Ulcerated wounds of the foot, or part of the leg, covered by a sock or stocking frequently will not heal unless caustic is applied.

UMBRELLAS, to renovate.

Take half a cup of strong tea, and two tablespoonfuls of sugar. Open umbrella and sponge well. Tea revives the colour and sugar stiffens.

UNINVITED GUESTS.

An unexpected visitor would not be taken to a dinner or luncheon, a whist drive or bridge party or to any other affair where it is obvious that certain arrangements have to be made beforehand for a given number of guests; or to a house where there is illness or trouble, or where the facilities for offering hospitality are limited, or at such times as when an extra guest might just mean the overcrowding of a boat, a car, or a box at the theatre.

It goes without saying that it is a breach of good breeding for a lady to take with her an uninvited guest when accepting an invitation at another friend's expense; for instance, when being entertained to a restaurant lunch or dinner, a theatre or a concert, yet instances do occur when an uninvited guest will coolly turn up with some friend or relation whose expenses will have to be paid by the dispenser of the hospitality. An offer to pay for the interloper would not right the error of taste, and indeed might be much resented.

Even if the extra expense need not be considered, the person entertaining may very much object to the liberty taken, especially when the intruder makes an unwelcome third.

This observation also holds good on many other occasions when the introduction of an extra, unexpected guest may cause chagrin, disappointment or dismay, even though no expense is incurred, so it is well always to consider carefully before giving any last-minute extra invitations for any expedition or diversion already definitely planned between other friends and yourself, without consulting their wishes as well as your own.

VACCINATION OF INFANTS. *See* INFANTS, vaccination of.

VARICOSE VEINS.

A vein is said to be varicose when it is enlarged and becomes twisted; a healthy vein is straight.

Causes.—Long standing as in the case of shop assistants, hall porters, etc. Anything that hinders the flow of the blood upwards, such as tight garters. Weakly, debilitated subjects will develop varicose veins in many cases without either of the above-mentioned causes coming into play.

Treatment.—Tight garters or constricting bands should be done away with and a person should walk about and avoid standing in one position; shop assistants should take a sharp walk every night after they leave work. A perforated elastic bandage is preferable to an elastic stocking.

In the event of a varicose vein bursting, the person should lie flat on the back, hold the leg up and put the thumb on the bleeding point until assistance arrives. A pad of clean linen or lint and a bandage applied tightly will always at once stop the hæmorrhage.

VARNISH, BLACK, to makē.

Boil 10 parts linseed oil varnish with 2 parts burnt umber and

1 part powdered asphaltum. When cool dilute with spirits of turpentine to the required consistency.

VARNISH, COMMON, to make.

Digest 1 part of shellac in 7 or 8 parts of alcohol.

VARNISH, FOR ENGRAVING, MAPS, ETC., to make.

Digest 20 parts gum sandarach, 8 parts gum mastic and 1 part camphor with 48 parts alcohol. Give the map or engraving one or two coats of gelatine before varnishing.

VARNISH, FOR FURNITURE, to make.

Take 1½ lb. shellac and 1 gallon naphtha, and dissolve.

VARNISH, FOR IRON WORK, to prepare.

Dissolve in about 2 lb. tar oil, ½ lb. each of asphaltum and pounded resin. Mix hot in an iron kettle; prevent contact with flame. It is ready for use when cold. This varnish is for outdoor wood and iron work.

VARNISH, FOR OIL PAINTING, to prepare.

Mix 2 parts dextrine, 1 part alcohol and 6 parts water.

VARNISH, OAK, to make.

Two quarts boiled oil, 1½ lb. litharge, ¾ lb. gum shellac. Boil together and stir till dissolved. Then remove from fire and add 2 quarts turps. Strain into a bottle when settled and cork for use. Or—

Dissolve 3½ lb. clear pale resin and 1 gallon oil of turpentine. It may be made darker by adding a little fine lamp-black.

VARNISHING, to prepare new wood for.

Give the wood a coating of either isinglass or gum-tragacanth dissolved in water to fill up all the pores. A coating of very thin glue will also serve the purpose.

VASELINE, the various uses of.

1. As a jelly, or ointment, used externally, it is most valuable for wounds of any kind, skin diseases, burns, chapped hands, rough skin, chilblains, inflammation of the eyelids, and, if applied at the right time, in preventing the pitting which usually results from smallpox.

2. Taken internally, in the form of a confection, it is an excellent remedy for throat, chest and stomach troubles.

3. For household use, as is well known, it protects any metal articles to which it is applied from rusting, it softens and preserves leather and if rubbed into boots and shoes before polish is applied, makes them absolutely waterproof.

4. For the toilet, if combined with cold cream it is splendid for the complexion and sore or chapped lips, or hands, also as a

hair tonic. Its softening and healing properties render preparations made with it even more efficacious than similar preparations made with glycerine.

5. In the form known as veterinary vaseline, it is excellent for applying in the case of skin diseases in any household pets.

6. Mixed with graphite it forms a good lubricant for gramophone engines.

VEAL, to choose.

Veal should always be chosen from a small animal; if large it is coarse and tough. The flesh should be fine in grain and dry; it is not fit for food if moist and clammy. The lean should be pale pink and firm in the fibre; the fat firm and white. When buying veal two useful tests as to the condition are the state of the liver and the fat round the kidneys. The former must be clear and free from spots, and the latter firm, sweet and dry.

VEAL, to curry.

1 lb. veal
1 apple
1 onion
2 oz. butter
1 oz. flour
1 oz. curry powder
2 oz. almonds or cocoanut
½ lemon
1 teaspoonful curry paste
1 teaspoonful chutney
½ pint white stock
little cream
pinch sugar and salt
4 oz. rice

(Enough for four or five people.)

Chop the apple and onion finely, put the almonds or cocoanut into a basin, pour on about 1 gill of boiling milk and allow it to infuse. Cut the meat into neat pieces, dip in flour and curry powder mixed, melt the butter in a stewpan, put in apple and onion, cook well without browning it, remove it and cook the meat in the same way. Take out the meat and thoroughly cook the curry powder and flour for about 15 minutes, add the white stock and nut milk, stir till it boils. Put back the meat, apple and onion, squeeze in some lemon juice, simmer very gently till the meat is tender—about 1½ hours; add the curry paste, chutney, pinch of sugar and salt, and lastly the cream. Serve in the centre of a hot dish with a border of well boiled rice; garnish with lemon and parsley.

VEAL, BLANQUETTE DE, to prepare.

1 lb. veal
2 onions
2 cloves
6 peppercorns
herbs
juice of 1 lemon
cooked ham for garnish
2 oz. butter
2 oz. flour
2 yolks of eggs
¼ pint cream
white stock or water
salt and pepper

(Enough for four or five people.)

Put the veal into a stewpan with the onions, cloves, peppercorns and herbs, cover with stock or water, bring to the boil, skim and simmer gently till tender. Strain the liquor, put the meat on a hot

dish, cook the butter and flour together, add the liquor gradually, stir till it boils, mix the yolks and cream together and add to the sauce, but do not boil. Season and add the lemon juice, pour over the veal, and garnish with chopped ham.

VEAL BROTH, to prepare.

1 lb. veal (meat and bone)
1½ pints water
few peppercorns
small blade of mace
1 shallot
½ oz. rice
little milk
salt and pepper

Put the meat cut up and bones into a white-lined saucepan with the peppercorns, mace and shallot, and simmer very gently till all the strength is extracted from the meat and bones. Strain, return to the pan with the rice and a little milk, cook till the rice is tender, season and serve.

Note.—A calf's foot makes very good broth. Less veal will be required if one is used.

VEAL CUTLETS, to serve.

1 lb. fillet of veal
1 oz. butter
1 yolk of egg
1 dessertspoonful chopped parsley
1 teaspoonful grated lemon
salt and pepper
potatoes
3 or 4 rashers of bacon
vegetables for a garnish
good brown or tomato sauce
egg and bread-crumbs

(Enough to make five or six cutlets.)

Cut the meat into neat fillets, dip them into a mixture made with the butter (melted), yolk of egg, lemon peel and parsley, seasoned; drop them into the bread-crumbs, then coat again with egg and crumbs, fry them in a sauté pan a nice brown colour, turning them occasionally. Mash some potatoes, make a mound in the centre of the dish, leaving a space in the centre, and place the fillets round on the potatoes with a roll of bacon on each fillet. A suitable vegetable, such as peas or beans, should be cooked and piled in the centre, and a good brown or tomato sauce strained round.

VEAL, FILLETS OF, to roast.

fillet of veal
veal stuffing
½ lb. rashers
1 pint béchamel sauce

Remove the bone from the fillet and stuff with veal stuffing—the quantity depends on the size of the joint—sew or skewer a piece of fat or skin on each side to prevent the stuffing from coming out, tie round firmly, bake in the oven till thoroughly cooked, basting frequently; cut the rashers, roll them and place on a skewer and put them in the oven with the veal for the last 10 minutes; dish up the veal, remove string, strain off the fat; pour the pint of béchamel sauce in the dripping pan, place it over the fire and stir till hot and a nice pale fawn colour. Pour it round the meat and garnish the dish with rolls of bacon.

VEAL GÂTEAU, to prepare.

1½ lb. lean veal	lemon rind
2 hard-boiled eggs	white stock
½ lb. cooked lean ham	coraline pepper
chopped parsley	salt and pepper

(Enough for seven or eight people.)

Cook the veal in white stock with plenty of flavourings till tender, drain and when cold cut in neat pieces. Chop the ham and cut the eggs into rings, arrange them in a pattern in a plain tin mould with the coraline pepper, parsley and chopped ham; fill the mould with veal, ham and remains of garnish, well season the stock, and pour into the mould when nearly cold till quite full. A little gelatine can be added if the stock is not strong enough to jelly. Turn out and serve with salad.

VEAL, GRENADINES OF, to prepare.

1 lb. fillet of veal	herbs
some larding bacon	1 oz. fat
1 carrot	stock
1 turnip	½ pint brown sauce
1 onion	potatoes for border
2 tomatoes	

(Enough for five or six people.)

Cut the veal into neat round fillets, lard them with narrow strips of larding bacon; cut the vegetables into large dice, melt the dripping in a stewpan, cook the vegetables in it for 5 minutes with the lid on; add enough stock to barely cover, place on the larded fillets, cover with greased paper and braise very slowly. When cooked remove the fillets, crisp them in the oven and brush over with glaze; place them on a potato border, place some suitable vegetable in the centre (peas, beans, sprouts), and strain the good brown sauce round.

VEAL, OLIVES AND TOMATO SAUCE, to prepare.

1½ lb. lean veal	1 turnip
2 oz. ham	1 onion
3 or 4 mushrooms	1 oz. butter
1 oz. bread-crumbs	1 glass sherry
1 egg	½ pint tomato sauce
1 carrot	salt and pepper

(Enough for six or seven people.)

Cut the veal into thin slices, make a forcemeat with crumbs, chopped ham, mushrooms, seasoning; bind with egg, lay a little on each slice of veal, roll up and secure with thread; prepare the vegetables, melt the butter in a stewpan, brown them lightly. Also allow the olives to brown, add the tomato sauce, and sherry, and cook very gently till the olives are tender; dish on a hot dish, removing the thread, season and strain the sauce over.

VEAL, SHOULDER OF, to serve.

Cut the veal into nice square pieces and parboil them. Put the bone and trimmings into another pot, and stew them slowly a long time, in a very little water, to make the gravy. Then put the meat into the dish in which it is to go to table, and season it with a very little salt and cayenne pepper, the yellow rind of a large lemon grated, and some powdered mace and nutmeg. Add some bits of fresh butter rolled in flour, or some cold dripping of roast veal. Strain the gravy and pour it in. Set it in a hot dutch-oven, and bake it brown. When nearly done, add two glasses of white wine, and serve it up hot.

Any piece of veal may be cooked in this way.

VEAL, STEWED, AND RICE, to prepare.

knuckle of veal
1 onion
1 turnip
1 stick celery
4 oz. rice
½ pint parsley sauce
salt and pepper

(Enough for five or six people.)

Wash and trim the knuckle, put in a stewpan with sufficient water to cover, with the onion stuck with cloves, turnip and celery. Bring to the boil, remove the scum and simmer gently for 2½ hours, and add the washed rice when the veal has been cooking an hour. Take out the knuckle, put it on a hot dish, make a border round with the rice, pour over the parsley sauce and garnish with lemon and parsley. The broth can be seasoned, chopped parsley added and served.

VEGETABLE GARDEN. *See* under names of various vegetables for directions for growing.

VEGETABLE MARROW, to boil.

1 marrow
salt
½ pint white sauce
toast

Peel the marrow, cut in half and remove the seeds, then cut in neat pieces, and place in a saucepan of boiling water with a little salt. Cook gently till tender—from 15 to 35 minutes—drain very well, place on a slice of toast in a hot vegetable dish and pour over the white sauce.

VEGETABLE MARROW, to grow.

Sow seed during March or April in pots—three seeds in a pot is usual—and place in a cucumber frame. Later on pot singly or two in a pot. Gradually accustom to the open air and plant out in May on beds prepared with rich stable manure. Give liquid manure during hot weather.

VEGETABLE MARROW, to stuff.

1 marrow	herbs
minced meat	1 small onion
bread-crumbs	little brown sauce
chopped parsley	salt and pepper

Peel the marrow, cut in half lengthways, scoop out the seeds. Boil it in salted water till half cooked, drain it; make a stuffing with the minced meat, bread-crumbs, finely-chopped onion, parsley and herbs; moisten with a little brown sauce, season well, place it in the marrow, bind it together, place it on a greased baking tin, cover with greased paper and bake for half an hour. Sprinkle with brown bread-crumbs and serve with brown or tomato sauce.

VEGETABLE MARROW JAM. *See* JAM, VEGETABLE MARROW.

VEGETABLES, a hint regarding the boiling of.

All vegetables grown above ground should be boiled with the lid off the saucepan, while those grown under should have the lid kept on.

VEGETABLES, to choose and keep.

Cabbage and green vegetables of all kinds should be bright in colour and crisp; a leaf or pod should break with a sharp crack when bent. If soft, flabby and a faded yellow colour they are stale.

Certain vegetables, such as cucumbers, vegetable marrows, and asparagus, keep fresh for a day or two if the stalks are put in water. Root vegetables are stored for winter use; but the flavour is not so good as when fresh. They must not be stored until fully ripe, and must be carefully arranged in a cool, dry place and protected from the frost.

VEGETABLE SAUSAGES.

2 medium-sized carrots	pinch salt and pepper
1 fairly large parsnip	2 eggs
3 medium-sized onions	8 oz. bread-crumbs
little chopped parsley	½ pint lentils or yellow peas

Soak and cook lentils, or peas, then pound well in mortar. Chop the carrots, parsnip and onions very finely and mix with peas, add sprinkling of chopped parsley, salt, pepper, eggs and bread-crumbs. Make into sausage shapes, coat with egg and bread-crumbs and fry in boiling oil.

VEGETARIAN COOKERY.

See recipes for the following: Cheese balls, cheese cakes, cheese pudding, cheese pyramids, cheese soufflé, cheese straws; egg balls, eggs baked with tomatoes, eggs curried, eggs poached, eggs scalloped, eggs scrambled, eggs (Swiss); fritters (ground rice), fritters (potato), fritters (savoury); lentil cutlets; macaroni cheese, macaroni cutlets, macaroni savoury; nut cutlets, nut salad; omelets (cauliflower), omelets (cheese), omelets (savoury); protose cutlets; rice

(cheese); savoury pie; soup (chestnut), soup (lentil), soup (pearl barley), soup (potato), soup (vegetable), various vegetables; vegetable sausages.

Note.—All butter used in the above-mentioned recipes must be nut butter and all oil, vegetable oil.

VELLUM, to clean.

Apply a little benzine on a sponge, or soft rag, to remove stains from vellum.

VELVET, to clean.

Dip a cloth in powdered magnesia and rub the velvet. This will revive it to a freshness equal to new.

VELVETEENS, to wash.

Add a dessertspoonful of ammonia to a good lather made of pure soap. Water should not be too hot, and soap should not be rubbed on the material. The article should be washed as quickly as possible. Rinse in two lots of warm water, with a little ammonia added to each. Hang in the open air to drip. Do not wring or squeeze.

VENICE TURPENTINE, to prepare.

Add 5 parts oil of turpentine to 8 parts yellow or black rosin and mix thoroughly.

VENISON, to roast.

haunch of venison
flour (about 3 lb.)
water
gravy
red currant jelly

Cover the haunch with flour and water paste and bake in the oven, basting constantly. Half an hour before it is served remove the paste and brown the venison well, taking care it does not burn. Serve with a good gravy and red currant jelly. The gravy is improved by the addition of a glass of port or claret.

VERBENA, to cultivate.

A half-hardy perennial of which there are many fine varieties brilliant in colour, excellent in habit, and of long continuance in bloom. An objection to the cultivation of the verbena is its liability to disease, but in this connection it is well to bear in mind that it will not tolerate excessive heat. Indeed, in a favourable season, the verbena may be raised from seed sown in the open in March on a well-prepared bed, though probably the wiser method is to sow in boxes (in March) put into a frame, the seedlings being pricked out and potted as soon as large enough, and transferred to a cool house until ready for planting out towards the end of May. A well-manured, well-dug, sweet soil is essential for their

welfare, and will do much to preserve them from disease, to which, indeed, seed-raised plants are less liable than those grown from cuttings. Moreover, there is no difficulty in obtaining seed which will come true to colour, such as white, purple, violet, rose, pink and scarlet, the last named being especially good in colour and free in growth.

VERONICA (SPEEDWELL), to cultivate.

A very large family embracing three distinct groups—shrubby plants, annuals, and vigorous perennials. Plant the shrubby variety in April or September; lift and divide every fourth year, replanting only the younger outer crowns. Trim each year to keep in shape. Propagation is by cuttings of matured wood struck in a frame in August. The annual species should be sown in the open in September and thinned out to distances of 5 inches. The perennials are propagated by division in March or October.

VINCA (PERIWINKLE), to cultivate.

A hardy trailing perennial, an evergreen vigorous in growth and indifferent as to soil. As a covering for rough banks or for patches of ground made bare by the shade and drip from the trees it is very useful. *V. major* is the common periwinkle, with glossy leaves and mauve-blue flowers; while *V. minor* is of smaller and neater growth and has varieties in the form of a white flower and variegated foliage. *V. acutiloba* is a distinct variety blooming in late autumn and producing flowers of delicate mauve.

VINEGAR, AROMATIC, to prepare.

Here is a delightful cooling lotion for an invalid. Put a large handful each of rosemary, mint, and wormwood or lavender into a stone jar and cover with 1 gallon vinegar. Place near a fire for four days, then strain, add 1 oz. powdered camphor, and bottle.

VINEGAR, CHILI, to prepare.

Infuse in 1 quart vinegar, 1 oz. cayenne pepper and 6 cloves.

VINEGAR, SPICED, to prepare.

2 tablespoonfuls black peppercorns
1 tablespoonful allspice
1 dessertspoonful salt
3 bay leaves

Boil ingredients in vinegar for 10 to 15 minutes.

VINEGAR, TREACLE, to prepare.

Mix 6 tablespoonfuls of the best treacle with half that quantity of white wine vinegar. Keep well corked if not for immediate use. Take one tablespoonful in a tumbler of cold water night and morning as a cure for sickness, etc.

VINES, to cultivate.

Grapes flourish best under glass, though they will grow in a warm situation. Spur-pruning should be employed late in September. Take a leading shoot at one, two or three years' growth and carry it the entire length of the wall. Leave spurs or lateral shoots to grow at regular distances along the leading shoot. Afterwards the pruning merely consists of cutting each spur back to the last eye at the base of the shoot.

VIOLA, to cultivate. *See* PANSY.

VIOLET GRASS, to cultivate. *See* IONOPSIDIUM ACAULE.

VIOLETS, to cultivate.

Plant in frames in soil made up of calcareous earth, leaf-mould and loam to obtain a steady succession of crops. The plants may be increased by runners or root-division.

VIRGINIAN STOCK, to cultivate.

A hardy annual which will thrive in any soil and which by its dwarf habit is well adapted for border edgings or as a surface plant among tall flowers. Although it may be sown in spring, as other annuals, it flowers more effectively when autumn sown. There are several forms, and that called Crimson King, with flowers of rich rose-crimson, is one of the best, while in the white-flowered kind *alba-nana,* of very dwarf growth, is good.

VISITING CARDS. *See* CARDS, CALLING AND CARD-LEAVING.

VISITING INVALIDS. *See* CARDS, CALLING AND CARD-LEAVING.

VISITORS, arrival of when one is about to go out to keep an appointment.

You may sometimes be put in a rather difficult position if an unexpected caller arrives from a distance just when you are setting out to keep a social appointment. If the visitor is not very well known to you, or if for any reason you do not wish for her company on your expedition, there only remains for you to express regret, explaining why you cannot entertain her, and she should at once take her leave.

VOMITING, to stop.

An effective means of stopping vomiting is to drink water which is as hot as can be taken.

WALL, DAMP, a paint for.

Mix together 5 parts turpentine, 7½ parts chalk, 5 parts boiled linseed oil and 5 parts resin, and use as a paint.

WALL, DAMP, to remedy.

Here is a method of preventing paper being damaged owing to a damp wall. Fasten very thin sheet lead to the damp part of the wall with small copper nails and immediately paper over. Or—

Boil 2 oz. grease with 2 quarts tar for about 20 minutes in an iron vessel. Prepare 1 lb. pounded glass, 2 lb. slacked lime, well dried in an iron pot and sifted through a flour sieve. Add enough of the lime to the tar and glass to form a thin paste, sufficient to cover about a square foot at a time, as it hardens very quickly. Apply to the walls about one-eighth inch thick.

WALLFLOWER, to cultivate.

The seed is often sown too late. May, or even April, if the weather be favourable, is none too early, and enables the plants to attain a sturdy growth before being transplanted to their places in autumn in readiness for blooming in the early spring. Seed should be selected not only from the best bloom, but also from the plant of the best form and habit. The wallflower is not merely a border plant but flowers to perfection in the crevices of old walls—dwarfed, it may be, yet compact and full of blossom.

WALLPAPER, to remove.

Wet the paper thoroughly with a long-handled brush dipped in a bucket of warm water. Let it remain till the water has penetrated and the paper blisters and loosens, so that you can peel it off with your hands. Do not wet too much at a time. If any small bits are found still adhering, wet them afresh, and scrape off with a strong knife.

WALLPAPER, to remove stains from.

Cover the stain with a paste made of pipe-clay and water; allow this to remain about 24 hours. Then remove with a stiff brush.

WALLPAPER, VARNISHED, to clean.

Add some cold strained tea to warm water and wash well. Dry thoroughly and polish with equal parts of sweet oil and turpentine.

WALNUT CAKE. *See* CAKE, WALNUT.

WALNUTS, PICKLED. *See* PICKLES, WALNUTS.

WARTS, a rapid cure for. *See* CORNS.

WARTS, to remove.

Silver nitrate should be rubbed on them till they disappear. Snipping them off with sharp, clean scissors, waiting till the bleeding stops, and then applying silver nitrate, will cure them in a very little time. Or—

Mix together ½ oz. acetic acid and ½ oz. tincture steel and apply by rubbing well on the warts by means of an orange stick twice per day. The wart will shrink and fall off within a few days.

WASHING FLUID, to prepare.

Mix 2 lb. crude potash, 1 oz. sal-ammoniac and ½ oz. saltpetre in 2 gallons rain water. Use 1 pint of the fluid with 8 gallons water. Soak the clothes overnight and rinse in the morning.

WASHING POWDER, to prepare.

Mix equal parts of soda ash and carbonate of soda crushed into coarse grains. Prepare a thin glue or decoction of linseed oil and put in the mixture of soda until thick. Spread on boards and dry in a warm room.

WASPS, as garden pest, simple means of protecting fruit from.

Place a small quantity of syrup of some kind, or a mixture of sugar and beer, into a high shouldered glass jar. Tie string around the neck of the jar, leaving two ends of about 6 inches long on each side. Suspend the jar, either from nails in the wall, or from the fruit trees, by these pieces of string. It will be found that this will form a tempting bait for wasps, and once in the jar, if it has the usual slanted shoulders, it is very difficult for a wasp to get out. The number of these traps required will, of course, depend upon the number of trees to be protected. Replenish syrup from time to time, and kill any wasps which have been caught, but are not dead, by pouring in hot water.

WASP STING. *See* STINGS AND BITES, INSECT.

WATER, to purify.

Add 1 oz. powdered alum to a hogshead of putrid water. This will purify it in the course of a few hours and make it fit for use.

WATER, to soften.

If a teaspoonful of borax is added to a large jugful of water the latter will become quite soft. This will not hurt the most sensitive skin, and the solution is also useful in removing scurf from the scalp. Or—

Glycerine should be used for softening water in which flannel articles are to be washed. Use two teaspoonfuls in a small tumbler of water.

WATER, to test for hardness.

Dissolve ½ oz. good white soap in 1 pint rain water. Allow this to cool and settle, and mix 1 oz. of this with 1 pint of water to be tested. Soft water will remain clear; hard water will become milky.

WEANING, suggestions regarding.

A baby under ordinary circumstances, the mother being healthy and with plenty of milk, should be weaned at the eighth or ninth month. If the milk is deficient, or the mother is not strong, the baby should be weaned before this time. The milk after eight or nine months, though there may be plenty of it, becomes poor and watery. An over-nursed baby is, as a rule, flabby, fat, and may be rickety. A child should be weaned gradually, the bottle given once or twice a day at first; as the baby gets used to it, it may be given it more frequently, until at last breast-feeding is entirely done away with. A baby should not be weaned if it shows any signs of diarrhœa, but the mother must wait till the attack is better. Hot sultry weather is a bad time to change the mode of feeding, and if attempted indigestion and purging may be the result.

WEDDING-DAY PREPARATIONS, ceremony and reception.

Circumstances, we know, alter cases, and for many a bride her wedding-day must commence much as if it were any other one of the three hundred and sixty-five, but when the marriage is to be celebrated with regulation éclat, it is usually arranged that the bride shall be free from all ordinary distractions and duties, social or otherwise, before going to the church, probably seeing only the members of her family circle or very intimate friends, and it is not the custom for her to see her bridegroom until they meet in the church.

If her father is living and able to do so, he should give her away, otherwise her brother, uncle, or other male relation or an intimate family friend will take his place.

With him alone she drives to the church, being the last of the wedding party to leave the house.

All those invited to the church should endeavour to be quietly seated when the bride arrives, that is with the exception of her own retinue, who await her in the porch.

In the Church.—Sufficient front seats on the right of the centre aisle are reserved for the relations and special friends of the bridgegroom, on the left of the aisle for those of the bride. Other guests are shown into seats by the gentlemen ushers, who are usually young relations of both families.

When a large number of guests has been invited, it is well for the seating accommodation to be arranged beforehand, with due regard for respective claims—as regards the relationship, rank or close friendship—to the best places, or some heart-burning may ensue, though it would be execrably bad taste to show it!

Greetings and comments are usual amongst any early arrivals in the church, but every one should have due regard and reverence for the surroundings and the solemnity of the occasion, and there should be no hustling and talking when the bride arrives. The same applies after the ceremony when the bridal procession re-forms on leaving the vestry and goes down the church. Neither should the beautiful solemnity of the occasion yet be broken by

bride and groom pausing on their way to shake hands or talk with friends. There is time for all that afterwards.

The Ceremony.—On the arrival of the bride in the porch, her bridesmaids—with pages or train-bearers if there are any—fall into their appointed order behind her and, taking her father's right arm, the bride passes up the aisle. (When the service is choral she is preceded by the choir.)

Arriving at the chancel steps, she takes her place on the left side of her waiting bridegroom, and her father then steps to the rear, on her left, but as the part of the service is reached when the priest asks who gives her away, he steps forward again to make reply.

The bridegroom then takes the bride's right hand and repeats the prescribed form of words after the priest. They loose hands, then the bride takes her groom's right hand and also repeats the words of the priest. Again they loose hands and here the best man steps forward and gives the ring into the hand of the bridegroom, who places it carefully on the priest's service book, then receives it back and slips it on the fourth finger of the bride's left hand, which he still holds until he has repeated the form of words beginning, "With this ring I thee wed."

Bridal couple and congregation kneel at the injunction, "Let us pray," and remain on their knees until the blessing, when all rise and the bride and groom, only, follow the priest to the altar-rails, kneeling there and remaining until the conclusion of the prayer which immediately precedes the address. The bridesmaids, the bride's father and the best man remain in their places in the aisle, the congregation reverently kneeling—not standing up, craning their necks or whispering! All present stand for the address and the service reaches its close.

The bridegroom offers his left arm to the bride and they follow the clergy to the vestry, where they are joined by the parents of both parties, the best man and the chief bridesmaid—and sometimes by the other bridesmaids and any close relations and friends who have been asked to do so.

The register is signed, the bride writing her new name for the first time, and congratulations are given, but the groom is the first to kiss his bride.

The bride takes her husband's left arm and they return into the church, where the procession of attendants re-forms and they pass down the aisle through the still seated congregation, out to the porch, where they are followed by parents, best man, principal guests and at length by the remainder of the congregation.

The bridal couple drive off quickly so that they may be waiting to receive the congratulations of the first of the guests arriving for the reception.

The Reception.—Bride and groom are quickly followed by the bride's parents, who remain near the doorway in the reception-room to greet their guests, who then pass on to the centre of the room to find the young couple and at once offer congratulations and good wishes, then the presents may be inspected and other friends

greeted and chatted with until the time comes for the luncheon or whatever refreshment is provided.

If there is a luncheon, the bride and bridegroom go in first, next the bride's father with the bridegroom's mother, followed by the bridegroom's father with the mother of the bride, and the best man escorts the chief bridesmaid.

Except at really formal affairs where rank and precedence must be considered, one usually finds the remainder of the guests pair off as they will, it being left to good taste for precedence to be accorded where due, and the same rule will be observed in sitting down to table.

In the place of honour, or at the principal table, the bride sits on the left of the bridegroom, her father on her left, her mother on the right of the bridegroom. Where there are several tables, the bridal party, close relations and friends, will sit at the principal table.

Always the cake is placed before the bride.

Where refreshments take the place of a sit-down meal, it is usual to have them set out on a buffet from which guests are either served by attendants or help themselves, the gentlemen, especially the host and the best man and ushers, looking after the ladies.

A number of toasts and speeches are not usual now, but all present will drink the health of the newly-married couple, this toast being proposed by some intimate family friend. The bridegroom replies for himself and his bride and may conclude by proposing the health of the bridesmaids together with that of his best man.

It is then time to cut the cake. A large first slice should be cut by the bride, doubtless assisted by her groom, as it is not an easy task. This slice and others are cut up into convenient sized pieces and handed round.

After she has cut the cake, the bride usually retires to prepare for her journey, accompanied to her room by the chief bridesmaid, her mother, or whoever she may wish to be with her. The bridegroom also has to prepare for travelling.

When the bride reappears, the car should be waiting, then guests crowd round to shower good-byes, good wishes—and confetti!

It is not usual for guests to stay long after the departure of the happy pair. They take their leave with some kind little congratulatory word to the bride's parents, though of course relations and intimate friends may remain if asked to do so, and sometimes a theatre party or something of the kind may be arranged.

WEDDINGS. *See* MARRIAGE, *also* WEDDING-DAY PREPARATIONS, etc.

WEDDINGS, GOLDEN. *See* GOLDEN WEDDINGS.

WEDDINGS, SILVER. *See* SILVER WEDDINGS.

WEEDS, to remove from gravel paths.

Sprinkle the weeds or moss with salt during damp or dewy weather. The salt should not be used when it is raining, as this would destroy its action.

WEIGHTS AND MEASURES.

MEASURES, HANDY, in cooking, etc.

A piece of fat the size of a small egg=1 oz.
2 tablespoonfuls of flour=1 oz.
1 breakfastcup of "grains"=4 oz.
1 tablespoonful of jam=2 oz.
2 tablespoonfuls of cornflour=1 oz.
1 tablespoonful of sugar=1 oz.
3 penny pieces=1 oz.
1 penny and 1 halfpenny=½ oz.
1 threepenny piece and 1 halfpenny=¼ oz.
4 saltspoons=1 teaspoon.
3 teaspoons=1 tablespoon.
2 teaspoons=1 dessertspoon.
2 dessertspoons=1 tablespoon or ½ oz.
6 tablespoons=1 small teacup.
4 tablespoons=½ cup.
2 gills=1 cup.
2 cups=1 pint.
4 cups flour=1 lb.
2 cups sugar=1 lb.
3 cups oatmeal=1 lb.
1 cup solid butter=1 lb.
1 heaped tablespoon butter=2 oz.
1 heaped tablespoon sugar=1 oz.
1 tablespoon liquid=½ oz.
1 small teacup=1 gill or 4 oz.
1 breakfastcup=½ pint.
1 pint=4 gills or nearly 2 breakfastcups.
An ordinary tumbler measures ½ pint.
1 oz. dry substance=1 tablespoon.
1 oz. butter=1 dessertspoon.
¼ lb. flour=1 teacup, small.
½ lb. flour=1 breakfastcup.

MEASURES, HANDY, for lengths.

A sixpenny piece measures ¾ inch.
A halfpenny measures 1 inch.
A half-crown measures 1⅜ inches.

APOTHECARIES'

20 grains	=1 scruple	=20 grains
3 scruples	=1 drachm	=60 grains
8 drachms	=1 ounce	=480 grains
12 ounces	=1 pound	=5,760 grains

WEIGHTS AND MEASURES—*continued*

APOTHECARIES' FLUID MEASURE

60 minims	= 1	fluid drachm
8 drachms	= 1	ounce
20 ounces	= 1	pint
8 pints	= 1	gallon

AVOIRDUPOIS WEIGHT

27 11/32	grains	= 1 drachm	(dr.)
16	drachms	= 1 ounce	(oz.)
16	ounces	= 1 pound	(lb.)
14	pounds	= 1 stone	
28	pounds	= 1 quarter	(qr.)
4	quarters	= 1 hundredweight	(cwt.)
20	hundredweight	= 1 ton	

DRY MEASURE

2 pints	= 1	quart
8 quarts	= 1	peck
4 pecks	= 1	bushel (bush.)
3 bushels	= 1	sack
12 sacks	= 1	chaldron
8 bushels	= 1	quarter (qt.)
5 quarters	= 1	load (ld.)

LIQUID MEASURE

4 gills	= 1	pint (pt.)
2 pints	= 1	quart (qt.)
4 quarts	= 1	gallon (gall.)
31½ gallons	= 1	barrel
2 barrels	= 1	hogshead

TABLE OF APPROXIMATE EQUIVALENTS

60 drops *or* 1	teaspoonful	= 1 dram (⅛ fluid oz.)
1	dessertspoonful	= 2 drams (¼ fluid oz.)
1	tablespoonful	= 4 drams (½ fluid oz.)
1	wineglassful	= 2 fluid oz.
1	teacupful	= 4 fluid oz.
1	tumblerful	= 8 fluid oz.

WELSH RAREBIT, to prepare.

3 oz. cheese
1 oz. butter
½ teaspoonful mustard
2 tablespoonfuls milk
salt and pepper
buttered toast

Put the butter, milk, grated cheese, mustard, salt and pepper into a saucepan; stir over the fire until quite smooth. Pour over rounds of buttered toast and serve hot.

WHITEBAIT, to fry.

1 pint whitebait
flour
lemon
pepper and salt
brown bread and butter

(Enough for four people.)

Drain the fish, shake them lightly in flour so as to separate them, turn on to a sieve and gently shake away all loose flour. Plunge at once into very hot fat, shaking the basket gently all the time. Remove the fish, reheat the fat and plunge them in again to crisp them, drain them well and dish on a hot dish with a fancy paper. Season well and serve with quarters of lemon and thin brown bread and butter.

WHITES, treatment of.

Hot douches as many times a day as possible; a syringe may be used, or better still, a douche. A teaspoonful of boric acid should be added to the water, especially if there is soreness of the parts. Or use Condy's fluid, so that the water is rather dark pink in colour. The general health must be attended to; a change to the seaside often does good.

WHITING, BAKED.

Cook fish in oven in sufficient milk to cover, for about 20 to 25 minutes. Take out of milk. Melt a little butter, stir in a small quantity of flour and thicken the milk in which the fish has been cooked. Pour over fish and serve.

WHITLOW. *See also* WITLOW.

Causes.—Infection of the tips of the fingers around the nail with microbes. A splinter penetrating the part is generally the primary cause.

Symptoms.—The finger becomes swollen and painful and the pain is worse if the arm is allowed to hang down, and at night-time. Matter forms and this is either let out by the surgeon's knife, or bursts on its own account. The constitutional symptoms may be severe and the pain may exhaust the patient.

Treatment.—Constant poulticing and the arm put in a short sling. The whitlow should be opened early and much pain and deformity will then be saved. Once it has been operated on poultices should be discarded and hot fomentations applied. The arm should still be kept in a sling till healing has occurred.

WHOOPING COUGH, symptoms and treatment of.

This commences like a cold on the chest, but the cough increases and tends to come in paroxysms. Slight fever, running nose, inflamed eyes are symptoms. The " whoop " is heard after a week or ten days.

Isolation and plenty of fresh air are necessary. The greatest care must be taken when the child is convalescent. Rub the chest with warm camphorated oil, and hang round the neck with some

naphtha crystals sewn in a muslin bag to ease the breathing. Do not apply poultices.

WICKER, to remove grease stains on.

Grease stains may be removed from wicker chairs by rubbing with methylated spirit.

WINDFLOWER, to cultivate. *See* ANEMONE.

WIND IN THE STOMACH, to relieve.

In the case of very young children a piece of ginger or a few carraway seeds should be boiled with the food. Older children should be given a few drops of strong peppermint water on a piece of sugar. For adults a quarter of a teaspoonful of ordinary bicarbonate of soda alone or with peppermint water gives relief, as does sipping hot water.

WINDOWS, to clean.

Rub a damp paraffin rag quickly over the panes. Finish off the polishing with an old newspaper.

WINDOWS, to make frosted.

Lay a sheet of ordinary glass on a piece of thick, soft cloth, which should be spread over a flat surface. Some fine emery powder should be sprinkled over the glass and a little water added. Rub a piece of pumice stone over the glass until the desired effect is gained. Then well wash the glass.

WINDOWS, to make opaque.

Dissolve 2 tablespoonfuls of Epsom salts in a pint of cold water and apply evenly.

WINDOWS, to prevent frosting.

A thin coating of glycerine should be applied on each side of the glass to prevent the formation of moisture.

WINDOWS, to remove paint splashes from.

Rub with strong hot vinegar to remove paint or putty.

WINE, to cool.

The bottle should be covered with a wet cloth and stood in a draught or cold place until required for use.

WINE, BLACKBERRY, to make.

Take ripe fruit, measure and bruise. Add 1 quart boiling water to each gallon. Allow to stand for 24 hours, stirring occasionally. Strain off the liquid into a cask, adding 2 lb. sugar to each gallon. Cork tightly and keep till October before using.

WINE, BLACK CHERRY, to make.

Take 12 lb. small black cherries and 2 lb. sugar to each gallon of juice. Bruise the cherries, leaving stones whole. Stir well and allow to stand for 24 hours. Strain through a sieve and add the sugar. Mix again and stand for another day. Pour off clear liquid into a cask, and bung tightly when fermentation has finished. Bottle after six months.

WINE, COWSLIP, to make.

Boil 3 lb. white sugar in a gallon of water for half an hour, removing the scum as it rises. Pour into a pan to cool, adding the rind of a lemon. When cold add 2 quarts of cowslip flower with the juice of the lemon. Stir every two hours for two days. Strain and pour into a barrel and leave standing for a month. Bottle off, placing a piece of loaf sugar in each bottle.

WINE, CURRANT, to make.

Add 5 lb. sugar to 10 quarts juice and strain through a cloth into a stone jar. A further 3 lb. sugar should be added after four or five days and the liquid skimmed daily. When fermentation has ceased pour off into a clean barrel and allow to remain for about eight months. After bottling, the wine should be kept in a dark, cool place and laid down to prevent bursting.

WINE, DAMSON, to make.

Use 2 quarts boiling water to every 4 lb. bruised fruit and 1½ lb. sugar to every gallon of juice. After bruising the fruit pour on the boiling water and allow to stand for two days. Strain into a cask, add the sugar and, when fermentation has stopped, fill up the cask and seal tightly. Bottle after ten months. Though the wine may be used after a year it improves with age.

WINE, ELDERBERRY, to make.

Put the ripe elderberries into a pan adding ½ gallon of water to every gallon of fruit. Boil for 15 minutes; then strain through a hair sieve.

To every gallon of liquor add 3½ lb. moist sugar and the peel of 6 lemons. Place in a boiler and bring to boiling heat; then add the whites of 6 well-beaten eggs. Stir thoroughly, adding ½ lb. bruised ginger tied in a muslin bag; add spices to flavour. Allow the wine to stand for a week before bottling.

WINE, GINGER, to make.

¾ lb. bruised ginger
18 lb. Demerara sugar
12 lemons
6 gallons water
12 oranges
1 lb. raisins
2 oz. isinglass
2 tablespoonfuls yeast

Boil the sugar in the water until no scum rises, peel oranges and lemons and add, with the ginger tied in a muslin bag; boil all together for an hour, remove into a tub and when lukewarm add

2 tablespoonfuls yeast on pieces of toast. Let it stand till next day, then put in cask with the juice of the oranges and lemons. Stir every day for ten days, add isinglass to clear it and the raisins, then bung it down. It will be ready to use in two months.

WINE, GRAPE, to make.

Mix together 1 quart grape juice, 3 quarts water and 2½ lb. brown sugar and allow to remain in an open vessel for nineteen days. Cover lightly with muslin. At the end of this time pour into a cask and bung closely. Rack off and bottle in the spring.

WINE, MEAD, to make.

Heat 3 gallons of water and dissolve in it 3 quarts of honey and a pound of loaf sugar. Boil for half an hour, removing all scum. Pour into a tub and add the juice of 4 lemons and the rinds of 2. Add 20 cloves, 2 roots of ginger, a top of sweet briar and a top of rosemary. When almost cool add 2 or 3 dessertspoonfuls of yeast spread on a piece of toast. Allow to stand four or five days before bottling.

WINE, MOCK PORT.

Take 4 lb. beetroot, wash and cut up to pieces as quickly as possible. Put the pieces into cold water—1 quart to every 1 lb. (1 gallon)—boil until white, then strain off. To every quart of liquid add ½ lb. sugar and the juice of 1 lemon. Add cloves and ginger to taste. Stir well until sugar has dissolved, bottle when cold and cover for ten to fourteen days until fermentation ceases, then cork lightly.

WINE, MULLED, to prepare.

½ pint wine and ½ pint water. Beat 4 eggs and add to the above, while boiling, stirring rapidly. As soon as it begins to boil it is ready.

WINE, PARSNIP.

10 lb. parsnips	6 lb. preserving sugar
2 gallons water	slice of toast
little yeast	

The parsnips should, for preference, be young. Wash, peel, thinly slice and weigh them. Put into pan with the water and cook thoroughly. Strain first of all through a colander, taking care to force out all the water, and then strain once more, this time through a fine sieve. Return the liquid to the pan with the sugar and boil for 45 minutes. Pour into a tub and allow to get cool. Then add the slice of toast thinly covered with yeast. Cover the tub with a cloth and leave for about ten days, well stirring the liquid each day. At the end of this time strain the juice once more and pour into a cask. Leave, lightly corked, until fermentation has ceased, then close the cask securely and make it air-tight. Bottle at the end of six or nine months.

WINE, QUINCE, to make.

Take ripe fruit, pare and core, and squeeze out the juice. Add 2½ lb. of sugar to every gallon of juice. Stir together till the sugar is dissolved; then pour into a cask. When fermentation has stopped, place the bung in tightly. Let it stand till March before bottling. It improves in flavour with age.

WINE, RAISIN, to make.

Choose large sound raisins, pick very clean and chop finely. Pour 1 gallon hot water on 10 lb. fruit and squeeze through a bag. Allow the liquor to stand for 12 hours, then add 1 lb. sugar and leave it to ferment. When fermentation has finished pour off into a cask, bung tightly and allow to stand for three months, after which it should be poured off into another cask which should be entirely filled. Seal this cask closely and bottle the wine after ten months. It will be ready in a year.

WINE, RASPBERRY, to make.

Bruise ripe raspberries and strain them through a bag. Add 1½ lb. lump sugar to every gallon of juice, and boil. Then add the whites of eggs and boil again a quarter of an hour, skimming constantly. Decant into a cask when the liquid is cold and settled and add some yeast. When fermentation has finished add 1 pint white wine to each gallon and suspend a bag containing 1 oz. bruised mace in a cask. Keep in a cool place. The wine will be ready in three months.

WINE, STRAWBERRY, to make.

To 1 quart strawberry juice add 1 quart water and 1 lb. sugar. Stir well and allow to ferment in an open jar. When fermentation has entirely stopped, draw off in bottles and cork.

WINTER ACONITE, to cultivate. *See* ERANTHIS.

WIREWORM, to destroy.

Dig in a thick sowing of quicklime and allow the ground to remain fallow for a winter. Traps may also be used in the shape of slices of potato, carrot or turnip buried about an inch in the earth. Stick a skewer with each piece to show its position and destroy the catch every morning.

WITLOWS, to treat.

Make a paste of pipeclay and water. Place this on a clean rag and apply as a poultice. Renew from time to time. *See also* WHITLOW.

WOOD, a black stain for.

Immerse a pound of iron nails in ½ gallon of vinegar, with a small quantity of verdigris. This is the common black stain for chairs; it is also useful to mix with colours that require grain, rosewood, tulip, etc.

WOOD, a blue stain for.

Wood may be stained blue by using either a solution of copper or indigo. Copper gives a bright colour, and is usually handier.

WOOD, a green stain for.

Dip it in a decoction of verdigris, sal-ammoniac and vinegar.

WOOD, a mahogany stain for.

Boil ½ pint of madder and ¼ lb. of fustic in a gallon of water. Brush stain over the wood while boiling hot, until the required colour is obtained.

WOOD, a red stain for.

Dissolve 1 oz. of dragon's blood in 1 pint of rectified spirits of wine.

WOOD, a yellow stain for.

Take 1 oz. powdered turmeric root and 1 pint rectified spirits of wine. Digest for four days, shaking the mixture occasionally. Then strain off for use. Apply to the wood by brushing it over three or four times, taking care that the first stain is dry before the second is applied.

WOOD, to make a cement for repairing cracks in.

Mix 1 part slacked lime and 2 parts rye-meal with sufficient linseed oil to form a paste and apply to the cracks. Another good cement for this purpose is made as follows: Dissolve 1 part glue in 16 parts water and, when nearly cool, stir in a sufficient quantity of sawdust and prepared chalk.

WOOD, to prevent warping.

Saturate wooden articles with copaiba balsam. If objects have already warped on one side they may be straightened by soaking the other side with the same liquid.

WOOD, EBONY STAIN.

To give wood the appearance of ebony take 2 oz. borax and 4 oz. ebony; put this mixture on the fire, and let them dissolve in 2 quarts of water until a perfect solution is obtained, then add 1 tablespoonful of glycerine. After mixing, add enough aniline black, soluble in water, and the preparation will be ready for use.

WOODEN POSTS, to preserve.

Dry the posts thoroughly and place the ends in lime water. Remove and dry; then paint with diluted sulphuric acid. This will thoroughly harden them.

WOOD FERN, to cultivate.

This will thrive under trees or in shady parts of the garden (even in a town garden) if given plenty of water. The more delicate sort should be grown in well-drained leafy loam.

WOOD LICE.

This garden pest is very destructive where young and tender seedlings are concerned—especially in a frame. In cases where they have infested a frame, they can generally be destroyed by pouring boiling water along the sides of the frame. If this is not effective in ridding the frame of the pest, a sure way of getting rid of them is as follows. In common with earwigs, they love darkness and a dry, snug retreat, and a small-sized flower-pot, with a slice of fresh potato or apple as a bait, and filled up with dry moss, will prove an alluring trap. Two or three of these pots should be placed in the frame or bed, and the next morning they will probably each contain a large number of the insects, which can then be destroyed by knocking the whole contents of the pot into a pail of hot water. The earlier in the morning the traps are cleared, the better will be the catch and, of course, the traps must be relaid from day to day until the pest has been completely removed.

WOODRUFF, to cultivate. *See* ASPERULA.

WORMS, to remove in furniture.

The best way of getting rid of the little worm that works its way in wood is to dip a very small brush in paraffin, and drop the oil freely into the holes.

WORMS, to remove in potted plants.

Do not water the plant for a few days. Remove the plant when the mould is fairly dry and take out the worm.

If it is not desired to disturb the plant, water slowly with lime water. This will bring the worm to the surface.

WORMS, ROUND.

Symptoms.—Capricious appetite, itching at the nose; abdominal pains may be present. As a rule, however, the worms give rise to no symptoms. The first indication of their presence is that they are seen in the motions, or are vomited.

Treatment (1).—The person should take a dose of salts and abstain from food for a few hours. After the bowels have been moved, three grains of santonin for a child, or six for an adult, should be given in milk, or on a little bread and butter. When this has had time to work, a dose of licorice, or Gregory powder will expel the parasite. This treatment should be repeated three or four times, as the worms take a lot of killing.

Note.—Santonin may, in some cases, give rise to peculiar symptoms. The vision may be affected; everything looked at may seem yellow, green, or blue. If such symptoms arise, the bowels should be kept free and no more santonin given for a week.

Treatment (2) *(alternative treatment).*—To 1 teaspoonful of common salt add 1 pint of warm water. Inject night and morning and allow to remain in the bowels as long as possible. Give person plenty of fresh fruit.

Note.—For Tapeworm and Threadworm see TAPEWORM.

WRINKLES, to prevent.

Mix into a paste equal parts of alum, starch, tannin, arnica, glycerine and honey. Apply a small quantity to the face on retiring. Wash in warm rain-water next morning, using unscented white curd soap.

WRINKLES, to remove.

Apply a mixture of 2 drams each of fresh butter and essence of turpentine and 1 dram mastic.

WRITER'S CRAMP, to relieve.

Rub the hand and arm with camphor and soap liniment during intervals between writing.

WRITTEN FORMS OF ADDRESS. *See* LETTERS TO ROYALTY, TITLED PERSONS, ETC.

YEAST, DOMESTIC, to make.

Boil in 2 gallons of water 1 lb. best white flour, ¼ lb. brown sugar and a little salt for an hour. When lukewarm bottle and cork closely. It will be ready for use in 24 hours. One pint will make 18 lb. bread.

YORKSHIRE PUDDING. *See* PUDDING, YORKSHIRE.

ZINC, to clean.

Wash in warm soap suds; then dry and rub vigorously with a cloth soaked in either turpentine or paraffin.

ZINC PAIL, to mend.

Apply a small piece of putty to the leak inside the pail and a larger piece outside; flatten out, and allow to dry.

ZINNIA, to cultivate.

A half-hardy annual which ranks as one of the most effective of our bedding plants, especially the double varieties, which are of a dwarfer and more compact growth than the single, and with stems less liable to get damaged—an important point. The plant is delicate and needs a sheltered, sunny situation, and should not be bedded out before June, nor the seeds sown before the first week in April, even in heat, for the seedlings do not transplant very easily if they are too fully grown. Sowing may be made in the open about the middle of May, and a good display may be obtained by this method. A rich, fine soil and a sunny, sloping border (for drainage is essential) should be prepared and three or four seeds dropped in together at distances of 12 to 15 inches apart, the seedlings being eventually thinned out to one at each spot.

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